



Emotional Support Resources

MS Navigator®

MS Navigators — highly skilled, compassionate professionals — connect you to the information, resources and support needed to move your life forward. These supportive partners help navigate the challenges of MS unique to your situation. MS Navigators are available Monday thru Friday from 9 a.m. till 7 p.m. ET by phone at 1-800-344-4867, email at ContactUsNMSS@nmss.org, or by chat on the National MS Society website.

[National MS Society : Ask an MS Navigator](#)

National MS Society Self-Help Groups

National MS Society self-help groups focus on support, advocacy, education, wellness or may be more social in nature. Some groups also serve specific populations, such as young adults, parents with MS or carepartners. Other groups may have a specific focus, such as physical activity, wellness or healthy living.

[National MS Society : Join-a-Local-Support-Group](#)

MSFriends®: One-on-One Connections

You don't have to face MS alone. Expand your supportive network along your journey with MS through the MSFriends program. This program connects you with a supportive, empathetic volunteer who understands life with MS and can say, "I've been there too."

By joining the MSFriends program, you get access to confidential conversations with trained volunteers on your schedule. MSFriends pairs meet for up to 6 months via phone, email or video calls based on your preference.

Learn more by visiting NationalMSSociety.org/MSFriends.

Please note: MSFriends® is not intended to provide individuals with crisis support. If you are experiencing an emotional or mental health crisis, please call the [988 Suicide & Crisis Lifeline](tel:1-800-273-8255) 1-800-273-8255 (TALK) or 988

Find Doctors & Resources

Our search tool on the Society website allows you to search specifically for Mental Health Professionals [Find Doctors and Resources: National MS Society](#). Use this helpful guide when searching for Mental Health Professionals or other emotional support resources. [Guide to Selecting Emotional Support Resources](#)

Online Communities

National MS Society online communities provide people affected by multiple sclerosis the support, information and connections they need —when they need them. These communities are led by trained volunteers who assist in leading conversations and ensuring community members have access to resources.

[National MS Society : Online Communities](#)

FindTreatment.gov

FindTreatment.gov is a free, confidential, and anonymous resource to find mental health and substance abuse treatment services in the U.S. Referrals may also be obtained by calling 1-800-662-4357. Available 24x7, national helpline staff respond to individuals' needs and make connections to facilities and local organizations dedicated to treating and preventing mental and/or substance use disorders.

[Find a Treatment Facility : FindTreatment.gov](https://www.findtreatment.gov)

NeedyMeds.org

The clinics in this database offer mental health services and are free, low-cost, low-cost with a sliding scale based on income, or offer some type of financial assistance.

[Free/Low-Cost/Sliding Fee Scale Mental Health Clinics : NeedyMeds.org](https://www.needy meds.org)

American Psychological Association Psychologist Locator

View the **Psychologist Locator** to search for **APA-licensed psychologists** offering clinical mental health services in the U.S. and Canada.

[Home: Psychologist Locator](https://locator.apa.org)

GoodTherapy.org

GoodTherapy.org is **an online therapist directory and mental health resource** which promotes ethical therapy and reducing stigma. Thousands of screened therapists are listed in the directory. Each is individually screened to ensure that educational, licensure, and philosophical guidelines are met.

[Online Therapist Directory](https://www.goodtherapy.org)

My MSToolkit

My MSToolkit is a web-based symptom self-management program that was developed by clinical psychologists at the University of Michigan. The toolkit is **specifically for people living with MS symptoms**. Individuals can complete the web-based, self-guided, symptom self-management program at their own pace. Steps include Goal Setting, Relaxation, Energy Management, Working with Thoughts, Managing Emotions, Sleep, Communication and Being Active.

[My MSToolkit : University of Michigan](https://www.mstoolkit.org)

For more information on emotional support, you may want to view the **Emotional Changes** and **Emotional Well-Being** sections of our website. These sections discuss topics such as cognitive function, the emotional aspects of MS, taming stress and dealing with the “invisible” symptoms of MS.

[Emotional Changes : National MS Society](https://www.nationalmssociety.org/emotional-changes)

[Emotional Well-Being : National MS Society](https://www.nationalmssociety.org/emotional-well-being)

Find your supportive partner with MS Navigator®

The National MS Society believes no one should face MS alone. MS Navigators connect you to the information, resources and support needed to move your life forward. These supportive partners help navigate the challenges of MS unique to your situation, Our **MS Navigators** are available Monday – Friday, 7 a.m. to 5 p.m. MT. To connect, call **1-800-344-4867**, chat or email ContactUsNMSS@nmss.org. We are a partner in your MS journey.