



FINDING PEER SUPPORT FOR PEOPLE LIVING WITH MS

You are not alone in your MS journey. Connecting with peers who have similar experiences can be a powerful way to find information and promote mental well-being. Here are a few ways!

iConquerMS

iConquerMS is a network of over 8,000 people affected by MS interested in accelerating research efforts, particularly those that are of the highest priority to patients. As a network, we also host webinars, standing councils, committees, and a variety of other projects. Check out www.iconquerms.org to learn more!

NATIONAL MS SOCIETY DIRECTORY

The National MS Society has a local support group directory that you can use to find groups in your area. They note that many groups meet virtually so you should reach out to local leaders to inquire. You can find their directory at <https://www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group>.

MS FOCUS DIRECTORY

MS Focus hosts an independent support group network with a directory that is searchable by US state and city. The directory can be found at <https://msfocus.org/Get-Help/Support-Groups/Search>.

MS FRIENDS HOTLINE

The MS Friends Hotline is a one-on-one support program run by the National MS Society that provides trained volunteers to have confidential conversations on topics such as adjusting to the new normal of having MS, symptom management, and family/social dynamics. Their website can be found at <https://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One>.

ONLINE MS COMMUNITIES PROGRAM

The National MS Society's online communities program provides people affected by multiple sclerosis with support, information and connections. Their communities, led by trained volunteers, assist in leading conversations and ensuring community members have access to resources like the Society's MS Navigator® program, crisis support, and other Society programs and information. Their website can be found at <https://www.nationalmssociety.org/Resources-Support/Find-Support/Online-Communities>.

MY MSAA COMMUNITY

My MSAA Community is a free online community powered by HealthUnlocked. This peer-to-peer online forum is for individuals with MS, their families, and their care partners to share information and experiences in a friendly, supportive, and safe environment. Their website can be found at <https://mymsaa.org/msaa-community/my-msaa-community-forum>.