



MSFRIENDS®

PEER-TO-PEER CONNECTIONS

The MSFriends program connects you one-on-one with peers who understand MS. MSFriends volunteers are trained, focus on your needs and provide emotional support.

Benefits of an MSFriends Peer Connection



Confidential, supportive conversations and a listening ear



Connect with volunteers who understand MS



Build your network of support

MSFriends Helpline



7 days a week
7 a.m.–10 p.m. MT

Connects you with volunteers living with MS for one-on-one peer connection via phone.

Call the Helpline:

1-866-673-7436 (1-866-MSFRIEND)

MSFriends Paired



Scheduled

Pairs you based on selected criteria for ongoing communication via phone, email or video.

Email PeerConnections@nmss.org to receive an application.

The MSFriends program is not intended to provide individuals with crisis support.

If you are experiencing an emotional or mental health crisis, please call the National Crisis Hotline at 1-800-273-8255.

Other Ways to Connect

MS Navigator®

Professional staff

Information, resources and support



7 days a week
7 a.m.–10 p.m. MT

Self-Help Group

Trained volunteer

Community connection, group conversations



Scheduled