

# MS Help



## Finding the right support, together.

MS Help is here to make it easier to get the support you need, when you need it.

Whether you are living with MS or supporting someone who is, or just looking for information, MS Help can connect you with the right support.

### With MS Help, people can access:

- trusted information about MS
- emotional support and a listening ear
- LivingWell virtual services
- local events and connecting communities
- digital tools and online resources

You can get in touch in the way that suits you best - **online, by phone, or through your local group.**

### Find out more or get in touch:

**Visit our website :** [mssociety.org.uk/ms-help-hub](https://mssociety.org.uk/ms-help-hub) (available anytime)

**Call us:** 0808 800 8000

**Email us:** [helphub@mssociety.org.uk](mailto:helphub@mssociety.org.uk)

Our MS Help Hub support advisers are available Monday - Friday, 9am-5pm, excluding bank holidays.



**Visit [mssociety.org.uk](https://mssociety.org.uk)  
to find out more**

