**Multiple Sclerosis Help and Support**

National Multiple Sclerosis Society

<http://www.nationalmssociety.org/index.aspx>

1-800-344-4867

Financial help and planning, information for possible MS, newly diagnosed people with MS, friends and family, researchers, health professionals and more

MS World

<http://www.msworld.org/>

Resources on medication, Social Security, finance planning, links to American Heart Association, Social Security information for disabilities, and more

MS Active Source

[www.msactivesource.com](http://www.msactivesource.com)

1-800-456-2255

Manage symptoms, treatments, general information, active wellness, free fitness material, dietary guide and information, memory games to help cognitive function, speak to a mentor, and more

Yahoo Groups:

MS Cured- focus on Homeopathic ways to treat MS and Symptoms

FWMS (Friends with MS)- General info, support with MS related issues

MSChristians- Christ centered support

Other Helpful Numbers and Resources

DARS (Department of Aging and Rehab Service)

817-759-3710

Help for working while disabled

MS Friends Hotline

1-866-673-7436

24/7 hotline; talk to someone with MS about whatever is on your mind

Multiple Sclerosis Foundation

[www.msfocus.org](http://www.msfocus.org)

1-888-MSFOCUS

Learn about MS, coping with MS, support groups, many different grants, peer counseling, cooling program and more