

The organizations below offer trusted, free educational materials and support programs for people living with MS. We encourage you to explore these resources at your own pace and bring any questions to your appointment.

EDUCATION & DISEASE INFORMATION

National Multiple Sclerosis Society (NMSS)

The largest MS nonprofit in the US. Their website includes a comprehensive guide to disease-modifying therapies, newly-diagnosed resources, symptom management, and a navigator program that connects you one-on-one with a trained MS specialist at no cost.

Visit: [nationalmssociety.org](https://www.nationalmssociety.org)

Free MS Navigator helpline: 1-800-344-4867 | Mon–Fri, 7am–5pm MT

MS Association of America (MSAA)

Offers free MRI access for uninsured or underinsured patients, cooling equipment, and educational webinars. Particularly strong on practical day-to-day MS support.

Visit: mymsaa.org

FINANCIAL & PRACTICAL ASSISTANCE

MS Focus: Multiple Sclerosis Foundation

Provides grants including Transportation Assistance and Homecare Assistance, plus a comprehensive guide to programs and services — including many available to Florida residents.

Visit: msfocus.org

Helpline: 1-888-673-6287

Patient Advocate Foundation

Helps navigate insurance issues, prior authorization appeals, and financial assistance programs for care costs. A strong resource if you encounter insurance challenges during your care transition.

Visit: patientadvocate.org

EMOTIONAL SUPPORT & COMMUNITY

NMSS Peer Support & Self-Help Groups

Connects you with others living with MS through facilitated peer programs, the MSFriends telephone pairing program, and Happy the App — a 24/7 phone-based emotional support service.

Visit: [nationalmssociety.org/Resources-Support/Find-Support](https://www.nationalmssociety.org/Resources-Support/Find-Support)

RECOMMENDED READING

Optimal Health with Multiple Sclerosis

by Allen C. Bowling, MD, PhD

An integrative guide to living well with MS, covering conventional treatment, lifestyle, nutrition, and complementary approaches. We recommend it as a companion to your care here.

Available on Amazon: [Search on Amazon](#)

Questions about any of these resources? Call (813) 855-2900 — we are happy to help.

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