



# A Roadmap for the Newly Diagnosed

## *Resources for the Newly Diagnosed*

Friends and family are often the first people you may seek support from as you start out on your MS journey, but remember that there are trained professionals available to help you, too. There are also organizations such as the Multiple Sclerosis Association of America (MSAA), that have resources available to support the MS community.

### Available Resources From MSAA

- [Multiple Sclerosis Information for the Newly Diagnosed](#)
- [My MS Manager Mobile App](#)
- MSAA's Client Services team is available at (800) 532-7667, extension 154 or via email at [MSquestions@mymsaa.org](mailto:MSquestions@mymsaa.org). A live chat is also available at [mymsaa.org/chat](https://mymsaa.org/chat)
- Individuals, friends, and family members may also read or participate in MSAA's blog, MS Conversations. This features timely, interactive discussions of topics that are important to the entire MS community.
- MSAA has an online peer-to-peer forum, My MSAA Community, which can be found here: [healthunlocked.com/msaa](https://healthunlocked.com/msaa)
- Additional resources are available here: [mymsaa.org/what-we-do](https://mymsaa.org/what-we-do)

Stay involved with MSAA: [mymsaa.org](https://mymsaa.org)

Are there any other resources that you've heard about along the way? Consider keeping a running list of resources you learn about throughout your MS journey:

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