



MS Society Scotland
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Dear Recipient,

My MS, My Way: Tayside. MS Society

We are here to support the MS community in Tayside. Our services are open to anyone living with MS or affected by MS, for example, family and friends. Please share this information with anyone who might benefit from accessing support or getting involved with others in our community.

Our key services are:

Counselling

One to One Peer Support

Living Well with MS

Wellbeing Hub

Information

Our services can be accessed by self referral or referral by NHS Clinical teams by contacting mysmsmyway@mssociety.org.uk or call 01382 938082. Further information is available via our website. <https://www.mssociety.org.uk/care-and-support/local-support/my-ms-my-way---tayside>

Murray & Susan

My MS, My Way: Tayside Team

MS Society Scotland

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