



**MS Society Scotland**  
Ratho Park, 88 Glasgow Road  
Ratho Station Newbridge EH28 8PP

Phone: 0131 335 4050

enquiries-scotland@mssociety.org.uk  
mssociety.org.uk

Dear Recipient,

## **My MS, My Way Tayside MS Society**

I am getting in touch to let you know about the services we are offering the MS community as part of My MS My Way project, as well as wider services and support offered by MS Society Scotland.

Our services are open to anyone living with MS or affected by MS for example family and friends. Please share this information with anyone you think might benefit from the opportunity to access support and/or to engage with others in our community.

## **Counselling**

Counselling is a talking therapy. It gives you the opportunity to talk and reflect in a confidential and supportive space with a qualified counsellor. Counselling can support you with:

- a mental health issue such as anxiety, low mood or depression
- coming to terms with your MS diagnosis
- a difficult transition such as a relapse, change of symptoms or a move to a different environment
- a life event such as work-related stress, relationship difficulties or bereavement
- emotions such as guilt, anger, low self-esteem and confidence

Ask your MS Nurse or GP to refer you or contact us directly via email [mysmyway@mssociety.org.uk](mailto:mysmyway@mssociety.org.uk).

## **One to One Peer Support**

When you've been diagnosed with MS, or are further along your MS journey, it can help to talk with someone who's been there too. We will connect you with one of our trained peer support volunteers who can provide practical and emotional support. This support is tailored to meet you where you are, focusing on what is important to you right now. This may be having help to understand a recent diagnosis, talking through how to manage work alongside your MS or having a safe space to talk about things you're not comfortable talking to family and friends about.

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MS Helpline: 0808 800 8000



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Registered office: MS National Centre, 372 Edgware Road, London NW2 6ND



You'll be matched together based on your interests and experiences and will have up to six sessions together on zoom or if you prefer, by phone.

## Living Well with MS

Our Living Well sessions help people connect and share experiences. They are a safe space where you can chat to others who understand what you are going through. Together as a group you'll explore the support and techniques that can help you live well with MS.

## Wellbeing Hub

Our ever-growing programme of wellbeing sessions offer information, learning, social connection and most importantly- fun! We really do think there's something for everyone, with a range of creative, emotional and movement sessions on offer. Full information can be found on our website <https://www.mssociety.org.uk/care-and-support/local-support/wellbeing-hub>

## Information

If you want to know more about MS or what services are available email [mymyway@mssociety.org.uk](mailto:mymyway@mssociety.org.uk) or call 01382 938082, or you can join one of our information events details of which can be found via our website, advertised on our Facebook page <https://www.facebook.com/My-MS-My-Way-Tayside-111796570517921>

You can sign up for all our online virtual activities via Eventbrite <https://www.eventbrite.com/c/my-ms-my-way-tayside-cwwwkcp--ZgLdpznJriIJ/>

Please do get in touch if you want any further information or help in accessing any of the services mentioned.

Murray & Susan  
**My MS My Way Tayside Team**

MS Society Scotland  
DD: 01382 938082

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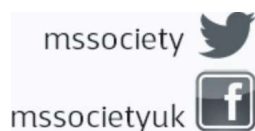


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