



The community for
newly diagnosed MSers

Peer-to-peer support

24/7



Search Shift.ms in the app
stores or scan the **QR code**

hello@shift.ms
www.Shift.ms

Who we are and what we do

By MSers, for MSers

We're a global charity that supports recently diagnosed people as they make sense of MS. We're independent and our app is free.

Support and guidance

Connect with other MSers, get free 1:1 support and be part of a community that understands what it's like to live with MS.

Free 1:1 support

The Buddy Network connects newly diagnosed MSers with someone that's been living with the condition for longer, for emotional support, tailored advice, and coaching to make proactive decisions.

Get support

Find answers

Make decisions



Download the Shift.ms app to connect and manage multiple sclerosis, from diagnosis.

