

Episode 5: Mood and Suicide

Resources

Podcast: The MS Show

<https://themsshow.libsyn.com/>

 **Bron Webster**

   **Multiple Success**

National MS Society: Find a Support Group

<https://www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group>

National MS Society: Peer Support Connection Program

<https://www.nationalmssociety.org/Chapters/CAL/Services-and-Support/Services/Peer-Support-Connection-Program>

eSupport Health

<https://esupporthealth.com/>

Multiple Sclerosis Society of America: Adam Kaplin's ABCs for Good Mental and Emotional Health

<https://mymsaa.org/publications/motivator/summer-fall20/cover-story-dr-kaplins-abcs-good-health>

A Race to Erase MS

<https://www.erasems.org/>

National Suicide Hotline

1-800-273-8255

Aviva Gaskill

<https://www.avivagaskill.com/>