

# New Guides Available Now

from the National MS Society

The National Multiple Sclerosis Society is pleased to present two new guides for people living with MS and their carepartners focused on maintaining and improving mental and physical well-being.

## “What to Expect from Rehabilitation Care: A Guide for People with MS”

provides information about rehabilitation, wellness and health maintenance; explains the roles of the rehab team and the importance of early treatment; and outlines what to expect from a rehab evaluation.

## “What to Expect from Mental Healthcare: A Guide for People with MS”

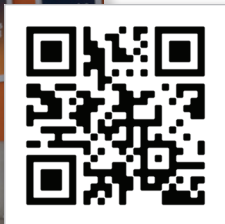
covers types of mental health diagnoses, options for seeking providers, strategies to use right now to improve emotional well-being and resources for further investigation. The Spanish translation, “**Qué esperar de la atención de salud mental: Guía para personas con esclerosis múltiple,**” is also available.

**Use the QR codes to access these guides now.**

What to Expect From Rehabilitation Care:  
A Guide for People with MS



What to Expect from Mental Healthcare:  
A Guide for People with MS



Qué esperar de la atención de salud mental:  
Guía para personas con esclerosis múltiple

