

# information

## MULTIPLE SCLEROSIS ON THE INTERNET

Valuable information on all aspects of multiple sclerosis (MS) can be found on the internet. Be aware, however, that not all of this information comes from reliable sources and that not everything you may find is sanctioned by reputable medical and scientific authorities.

### AUSTRALIA

#### MS AUSTRALIA

[www.msaustralia.org.au](http://www.msaustralia.org.au)

Information about MS Australia, including links to all state MS Societies.

#### EASY ACCESS AUSTRALIA

[www.easyaccessaustralia.com.au](http://www.easyaccessaustralia.com.au)

This website presents information about *Easy Access Australia*, a travel guide that provides information about accessible transport, accommodation and tourist attractions in Australia.

#### INFOXCHANGE

[www.infoxchange.net.au](http://www.infoxchange.net.au)

Infoxchange Australia is a not-for-profit social enterprise company focusing on community development using information technology as the primary tool to create positive social change.

### INTERNATIONAL

#### MS INTERNATIONAL FEDERATION

[www.msif.org/en](http://www.msif.org/en)

This website offers a wealth of information about MS from the Multiple Sclerosis International Federation. The My World of MS online community includes diary entries about living with MS from people around the world. Links to the homepages of MS Societies around the world can be found in the National Support section.

#### MS TRUST

[www.mstrust.org.uk/](http://www.mstrust.org.uk/)

The MS Trust is a UK charity and their site has a variety of information resources available, including information sheets, booklets and current news stories relating to MS.

#### PUTTING THE PIECES TOGETHER

[www.mssociety.org.uk/pieces/](http://www.mssociety.org.uk/pieces/)

This UK website is an information resource for people with MS aged 18-40. It provides clear, accurate information as well as stories and tips about young people living with MS.

## **US NATIONAL MS SOCIETY**

[www.nationalmssociety.org](http://www.nationalmssociety.org)

The US National MS Society (NMSS) website includes sections on research, treatments and living with MS. The site also features Learn Online webcasts and a range of MS-related publications. The NMSS is also on Twitter and YouTube.

## **KEEP S'MYELIN**

[www.nationalmssociety.org/multimedia-library/kids-keep-smyelin](http://www.nationalmssociety.org/multimedia-library/kids-keep-smyelin)

Keep S'myelin is a colourful newsletter filled with stories, interviews, games, and activities that highlight a variety of topics about MS for children.

## **ONLINE COMMUNITIES**

In recognition of the fact that many people find the internet to be an excellent source of information and support, MS Australia - ACT/NSW/VIC has developed online communities for people with MS, their families, friends and carers.

### **Mc2**

The MS Australia mc2 (My Connected Community) project now has several online communities, including Information Line, Peer Support, Peer Support for Parents and Peer Support for Carers.

### **AUSTRALIANSWITHMS-ONLINE**

This is an email discussion list set up specifically for Australians with MS, their families, friends and carers. It is a forum for people to exchange information, ideas and support. While a health professional at MS Australia –

ACT/NSW/VIC is the list owner, the discussion topics are controlled by the list members themselves. MS Australia – ACT/NSW/VIC therefore takes no responsibility for views expressed on the list and advises members not to change treatment plans without first consulting their doctor. Furthermore, while members are welcome to post information and articles from the internet which are freely available online and from a reputable source, promoting items for sale is discouraged.

To subscribe to the list, send an email (leaving the subject and body of the message blank) to:

[AustralianswithMS-Online-subscribe@yahoogroups.com](mailto:AustralianswithMS-Online-subscribe@yahoogroups.com)

For more information about our online communities, visit:

[www.mssociety.org.au/live/peer-support-online.asp](http://www.mssociety.org.au/live/peer-support-online.asp)

## **MS Australia – ACT/NSW/VIC**

### **Gloria McKerrow House**

Tel: 02 6285 2999

### **The Studdy MS Centre**

Tel: 02 9646 0600

### **The Nerve Centre**

Tel: 03 9845 2700

**1800 042 138**

[msconnect@msaustralia.org.au](mailto:msconnect@msaustralia.org.au)

[www.mssociety.org.au](http://www.mssociety.org.au)