

Living Well with MS: Friends and Family Module 1

Welcome

Welcome to module 1 of our virtual session. You will be meeting with some new people over the next few weeks who also have a family member or friend who has been diagnosed with MS. Our weekly information sheets will have links to people's real life stories and experiences. [Click here](#) to get to meet Aimie, Suzanne, Sarah and Scott who you will be hearing more from each week.

How are you feeling?

Your loved one has been given a diagnosis of MS. You may be feeling a lot of different things about this. You may feel confused and overwhelmed. You may feel that you haven't got your head around what it means for your loved one or you yet. You're not alone. We are here for you.

MS affects people differently and no two people will have exactly the same experience. MS not only impacts the person who has the condition directly but it also affects family members & friends. It's important that you understand the impact the diagnosis has had on you and that you make sure you look after yourself. You may find it useful to [hear how others with first-hand experience felt](#) when their loved one was diagnosed with MS.

MS will affect different people in different ways and it may take some time to come to terms with your loved ones diagnosis. [Listen to people who have real-life experience of MS](#) talk about what helped them adjust to life after the diagnosis.

What is MS?

You might find it useful to learn about what MS is by watching this short video [here](#). If you want to find out more detailed information then you can check out our [website](#). It's a lot of information to take it so please don't worry if you can't make sense of it all right now.



Support from the group



As you meet with others through the virtual sessions, you'll get the opportunity to think about what's important for you. You'll reflect on what you currently do to look after yourself and also get ideas from others about things you could try which may benefit you. We'll also think about how you can support your loved one to live well with MS.