**MS Awareness Week 2025 – draft posts**

Please see some draft social media posts below. Feel free to edit these and make them your own, you can also download our social media graphics to share alongside the text.

**Long form social media copy (Facebook, Instagram etc)**

Talking about MS can be difficult.

Whether it’s talking to a family member about their diagnosis or asking an employer for support. Finding the right words might be hard, but opening up can be empowering.

That’s why, this MS Awareness Week, the MS Society, MS Together, MS Trust, MS-UK, Neuro Therapy Network, Shift.ms, Talks with MS and Overcoming MS are all teaming up to shine a spotlight on MS conversations.

Talking about MS can be empowering. Start the conversation.

We know that a lot of MS symptoms can be difficult to talk about.

To mark the week we’ll be.....[add information if hosting an event].

Tell us about your most memorable #MSConversations below/in the comments.

Check out any of the eight charities during the week to find out what support is available.

**Short form social media copy (X, Bluesky, Threads etc)**

1. Talking about MS can be difficult. Whether it’s speaking to a family member about their diagnosis or asking an employer for support. That’s why this MS Awareness Week the UK’s biggest MS charities are teaming up start #MSConversations.

2. Find support and tell us about your #MSConversations today.   Check out any of the eight charities during the week to find out what support is available.