**NATIONAL MS SOCIETY LAUNCHES DIGITAL RESOURCES TO EMPOWER PEOPLE LIVING WITH MS AND OTHER CHRONIC CONDITIONS**

* *Announced at the recently held 5th Abu Dhabi Integrated Mental Health Conference.*
* *Empowering the MS Community with new resources for mental wellness, nutrition, and explaining MS to children.*
* *D. Ruqqia Mir, member of the National MS Society’s Medical Advisory Committee advocated for integrated care models in MS care.*

**Abu Dhabi, 25 February 2025:** In line with its ongoing efforts to provide resources, advice, and information for people with multiple sclerosis (MS), the National Multiple Sclerosis Society (NMSS) has introduced three new guides designed to empower people living with MS and other chronic conditions in the UAE.

The guides were announced at the recently held 5th Abu Dhabi Integrated Mental Health Conference (ADIMHC) during a session led by Dr. Ruqqia Mir, Consultant Neurologist at Yas Clinic Khalifa City operated by Abu Dhabi Stem Cell Centre and member of the NMSS Medical Advisory Committee.

Dr. Mir delivered an insightful presentation that highlighted integrated care models as a key policy strategy for improving mental health outcomes, using NMSS as a case study in effective cross-sector collaboration.

The presentation highlighted key NMSS initiatives designed to enhance support for individuals living with MS, including the MS Helpline, which offers immediate guidance, referrals, and emotional support; the NMSS Directory, a comprehensive resource connecting individuals to MS specialists and treatment centers; and treatment guidelines that establish evidence-based best practices for MS treatment.

Available for free download on the society’s website, the digital guides are designed to empower the MS community with practical strategies for managing mental health, maintaining the right nutrition, and effectively communicating diagnosis to children within different age groups.

The [**Mental Wellness Handbook & Reflection Journal**](https://www.nationalmssociety.ae/en/about-nmss/publications/mental-health-guide/)empowers people with MS and chronic conditions to enhance their mental and emotional wellbeing through informational support and self-care techniques such as mindfulness practices, journaling and goal setting activities.

**The** [**Nutrition Guide**](https://www.nationalmssociety.ae/en/about-nmss/publications/nutrition-guide/) offers helpful tips and suggestions for MS and other autoimmune conditions, presenting regional recipes with healthier ingredient alternatives.

Endorsed by the Abu Dhabi Early Childhood Authority (ECA), the [**Explaining MS to Your Children Guide**](https://www.nationalmssociety.ae/en/about-nmss/publications/explaining-ms-to-children/) provides suggestions for how to best approach conversations about the condition at home, featuring engaging activities for kids of all ages to help them understand MS.

**Dr. Ruqqia Mir, Consultant Neurologist at Yas Clinic Khalifa City operated by Abu Dhabi Stem Cell Centre, and member of the NMSS Medical Advisory Board said:** "Mental health is a fundamental part of MS management. By integrating mental wellness strategies with clinical care, we can significantly improve the quality of life for people living with MS. These new guides are a powerful resource for individuals, caregivers, and healthcare professionals navigating the complexities of MS and mental health.”

At the conference, NMSS called for increased cross-sector partnerships to strengthen support systems for people living with MS, highlighting that collaboration between healthcare providers, insurers, policymakers, and advocacy groups is essential to building a more sustainable and equitable mental health framework.

The guides are available for download in Arabic and English on the society’s official website [https://www.nationalmssociety.ae/en/resources/].

-**ENDS**-

**FULL PRESS KIT LINK HERE:** [**Media Kit**](https://www.dropbox.com/scl/fo/4ybo8bnjmsmlqrsmvorhl/AEHy6eeF7Q70LT6b5r376iM?rlkey=zmldkpox0vonm7lhssw0uh69h&st=5dw6o2sn&dl=0)

**About the National Multiple Sclerosis Society**

Established in 2022 under the Ministry of Community Empowerment (formerly the Ministry of Community Development), the National Multiple Sclerosis Society (NMSS) is a UAE-based NGO created to better the lives of people living with multiple sclerosis (MS) and their communities in the UAE through education, advocacy and advancing global efforts to finding a cure for MS.

NMSS is governed by a board of trustees, advised by a local and international Strategic Advisory Committee and Medical Advisory Committee, and supported by MS ambassadors and volunteers. Together, they ensure that people living with MS have access to high quality care and get the guidance they need through reliable resources.

NMSS works with leading national medical institutions and renowned global partners to build a trusted network of healthcare providers and support organisations. The society aims to raise awareness of MS, create a holistic ecosystem for the MS community in the UAE, and provide support and resources for individuals affected by MS.

For more information about MS and the NMSS, please visit [www.nationalmssociety.ae](http://www.nationalmssociety.ae)

Visit the NMSS’s official social media platforms for the most recent updates and insights.

Instagram: [NMSsocietyUAE](https://www.instagram.com/nmssocietyuae/)

Facebook: [National MS Society UAE](http://www.facebook.com/nmssocietyuae)

LinkedIn: [National Multiple Sclerosis Society UAE](https://www.linkedin.com/company/nmssocietyuae/)

YouTube: [NMSSocietyUAE](https://www.youtube.com/%40NMSSocietyUAE)

X: [NMSsocietyUAE](https://twitter.com/nmssocietyuae)