

## Expression of Interest Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_



## Contact Us

MS Society of NSW/VIC



## Peer Support Connecting you with others

### Peer Support Recipients SAY...

*Talking with a Peer Support Worker gave me the strength I needed to regain some control in my life. (Hazel)*

*When I was first matched with a Peer Support Worker, I couldn't wait for her call. She would listen and she actually understood. (Daniella)*  
*It has meant so much to talk to someone who understands, who listens and cares! (Melissa)*

### Peer Support Workers SAY...

*It's the best feeling hearing someone say "thank you". You can really hear in their voice how grateful they are for a chat.*  
*The Peer Support Program is an essential service for People with MS. If only it had been in existence when I was diagnosed.*  
*As a Peer Support Worker I feel respected and valued in the work that I do.*

### Please return this form to the MS Society in your state:

Peer Support Coordinator  
MS Society of NSW/VIC  
(see over for address details)

### VICTORIA

MS Society of NSW/VIC  
Private Bag 900  
Blackburn VIC 3130

Telephone: (03) 9845 2700

Fax: (03) 9845 2777

**Information Line: 1800 287 367 (freecall)**

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

### NEW SOUTH WALES

MS Society of NSW/VIC  
PO Box 210

Lidcombe NSW 1825

Telephone: (02) 9646 0600

Fax: (02) 9643 1486

**MS Connect: 1800 042 138 (freecall)**

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

MS is a disease of the central nervous system affecting more young adult Australians than any other neurological condition.

Multiple Sclerosis Ltd  
ABN 66 004 942 287  
April 2008

### Someone who understands Someone to listen



A telephone, online and face-to-face support program for people with MS and carers



### **Talk to someone who understands**

If you or someone you care about is living with MS and would like to talk to someone who has had a similar experience, the MS Society can help you find the support you need.

The Peer Support Program puts people with MS and their carers in touch with others who are living with MS. You can share your experiences and feelings knowing that you will be listened to and understood.

Our peer support services are free and confidential and include telephone, online or face-to-face support.

### **How can talking to someone else help?**

It often helps to talk to someone if:

- You feel no-one understands what it is like to live with MS.
- You have recently been diagnosed with MS and feel apprehensive and isolated.
- You have difficulty getting out and about but would like to have contact with others.
- You would like to be linked with someone in similar circumstances.

### **Telephone Support**

The benefit of using the telephone is that it doesn't matter where you are – there are no geographical boundaries.

To register for the service simply telephone the MS Society in your state or complete and return the form on the back of this brochure.

A Peer Support Program staff member will contact you and match you with a trained Peer Support Worker who is, or has been, in a similar situation as yourself.

### **Face-to-Face Support**

Many people with MS or their carers find it helpful to join a support group. Being part of a group provides opportunities to share information and experience for mutual support. These groups are led by trained Peer Support Workers and meet at various locations.

### **Who is a Peer Support Worker?**

A Peer Support Worker is a person with MS or a person who cares for someone with MS. They have been specifically trained and offer their time in a voluntary capacity to help support others.

### **Online Support**

The Peer Support Program also has an online community which provides a bulletin board (or forum) and a chat room. A trained Peer Support Worker is available for both individual and general support. All MS Society clients are welcome and the facility is open Monday to Friday between 8.30pm and 10.30pm.

To join this Online Community visit the *my connected community*\* (mc2) website at [www.mc2.vicnet.net.au](http://www.mc2.vicnet.net.au) and begin by registering your email address. Then use the search facility to find the 'Peer Support' community and submit your application. Once your application is approved you can start to take part in the community's activities.

\**my connected community* is a partnership between the State Government of Victoria and the MS Society of NSW/VIC.