

Help & Hope by Text

Families and caregivers concerned about their child's substance use or addiction can receive customized resources and skills delivered via text. Messages include evidence-based skills and strategies to help you better communicate with your child and motivate them to get the help they need.

You can access:



Reminders to take care of yourself



Strategies to help motivate your child



Lifesaving information



Live support

How it works:

1. Text **JOIN** to **55753**.
2. Answer a quick series of questions about your child and their substance use.
3. Receive messages with information and support specific to your family's needs.

Message and data rates may apply.

drugfree.org

To download this flyer, visit drugfree.org/promote.

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