



# We're working to ensure that every family impacted by addiction gets the help it needs.



## HELPLINE

Our helpline provides parents and caregivers provides parents and caregivers with compassionate support. Trained and caring bilingual (Spanish/English) specialists will listen to your challenges and propose a personalized course of action and provide resources to help you and your child.

### Ways to connect:

- Text a message to **55753**
- Email
- Facebook Messenger
- Visit [drugfree.org/helpline](https://drugfree.org/helpline) to schedule a call.

*You will receive a response to text, email or Facebook Messenger within 24 hours. If you do not have access to the internet, please call 855-DRUGFREE.*



## HELP & HOPE BY TEXT

Sign up to receive customized resources and skills delivered via text message. Text **JOIN** to **55753** to take a brief assessment about your child's unique situation and begin receiving ongoing support.

*Msg and data rates may apply. Msg frequency varies. Text HELP for help or STOP to opt out. [Terms](#) and [Privacy](#).*



## PEER-TO-PEER SUPPORT

After connecting with the helpline, learn about the parent coach program. It pairs parents with a trained volunteer parent coach for peer-to-peer support. Receive guidance from someone with lived experience who has also struggled with a child's substance use.



## ONLINE TOOLS

Our website, [drugfree.org](https://drugfree.org), has resources and tools that include approaches to help change the family dynamic and the way families support a child with addiction:

- Learn effective ways to communicate about substance use
- Develop behavior management skills to encourage healthier choices
- Get hope and support from other parents