

Help & Hope by Text

Parents 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.

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

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