Text JOIN to 55753 to get started with messages of Help & Hope by Text

**HOW IT WORKS:**

1. **Text JOIN to 55753**

2. Answer a quick series of questions about your child and his or her substance use.

3. Receive messages with information and support specific to your family’s needs.

Get Messages of Help & Hope by Text

Parents and caregivers who have a child struggling with opioids can receive helpful messages sent straight to their mobile device. Messages include evidence-based skills and strategies to help parents better communicate with their child and motivate them to get the help they need.

By texting JOIN to 55753 and taking a brief assessment, messages are tailored with information and support specific to a family’s needs.

Parents can access:

- Life-Saving Information
- Reminders to Take Care of Yourself
- Strategies to Help Motivate Your Child
- Live Support

At any time, parents can connect directly with a Helpline Specialist to talk one-on-one about the nuances of their particular situation and get help making an action plan.

**Parents are their child’s best advocate. We are theirs.**

“The messages were fantastic. I felt cared for, like someone could understand what I was going through. It was so helpful to have it all in one place.”

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