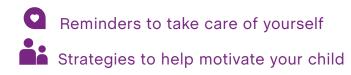
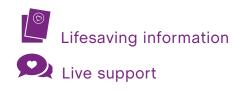


## Help & Hope by Text

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:





## How it works:

- 1. Text **JOIN** to **55753**.
- 2. Answer a quick series of questions about your child and their substance use.
- 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. <u>Terms</u> and <u>Privacy</u>.



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

 ↔ Help & Hope
It's easy to focus on everything your child is doing wrong, but to motivate behavior change, it's helpful to look for and reward anything they're doing right that is healthy and productive.

Narcan, is a lifesaving medication that can stop an opioid overdose. It is available to purchase at most pharmacies, and does not require a prescription. Consider it a necessary part of your home first-aid kit. Learn more bit.ly/

Н