



Institute for Prevention and Recovery

SOCIAL Network Program

What is the SOCIAL Network Program?

Whether you are seeking support for yourself or a loved one, the SOCIAL Network program is a great place to start. This **FREE** program is an excellent resource for those in need of assistance due to various life challenges and provides help and support to those who need it most.

Taking care of yourself and seeking support can start with something as simple as sending a text message. Once you are enrolled in the SOCIAL Network program, valuable information and resources are always available to you.

How do I enroll?

Enrollment is voluntary and resources are free! If you are interested in receiving information regarding community resources and support **text SOCIAL to 43386** and begin receiving messages personalized to your specific needs.

Once enrolled, you'll receive texts a few times each week with helpful information and tips on topics like:

- Employment
- Food security
- Housing
- Transportation
- Education and support related to your specific needs

Additional Features of the Program include:

On-Demand Resources, Support, and Motivation

In real time, receive information and tips for your specific needs when you text these keywords to **43386**:

- **COPE**: messages with coping strategies and thinking errors
- **HOPE**: to inspire and motivate
- **RIDE, HOUSE, JOB, FOOD, RECOVERY, SUPPORT**: messages with category-specific resources and information
- **SONG**: messages with links to affirmations, meditations, and uplifting music

Text responses are automated only. Services are not a replacement for treatment or emergency care. If you are in crisis, please dial 911.

As part of the SOCIAL Network program, you will receive text messages from 43386. Message and data rates may apply according to your carrier text and data plan. There are no additional fees. To stop receiving messages, reply STOP. For help, reply HELP.

For Terms and Conditions, please visit rwjbh-social.gomohealth.care/

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