



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



## HELPLINE

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

### Connect with us:

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



## PEER-TO-PEER SUPPORT

After connecting with our helpline, learn about our parent coach program. It pairs parents with one of our trained volunteer parent coaches for peer-to-peer support. Receive guidance from someone who has "been there" and also struggled with a child's substance use.



## ONLINE TOOLS

Our website, [drugfree.org](https://www.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