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](http://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](http://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

To download this flyer, visit [drugfree.org/promote](http://drugfree.org/promote).

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