Once you're enrolled, text any of these keywords to 43386 to receive in-the-moment support:



## Text COPE

for coping strategies to deal with challenging situations



### Text **PEER**

to see a story or video from others who have had similar experiences



# Text **SMILE**

for something to make you smile



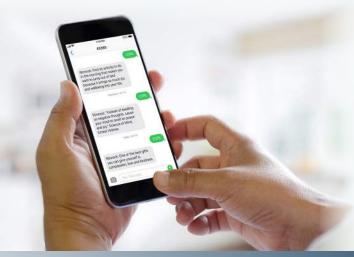
### Text **SUPPORT**

for links to supportive resources



### Text TALK

to request a call from a Peer **Support Specialist** 







A Guide to Your Personal Concierge<sup>™</sup>





# Tips and Ideas for Success

The Personal Concierge will guide you and your circle of support through your treatment journey, offering information that's designed for you and your personal needs. The program will provide guidance to help with creating new, positive behaviors, and help to prepare you for healthy day-to-day living.

# What is the Rimrock Personal Concierge?



### GOMO CARE MESSAGES™

You'll receive text messages on your mobile phone to motivate and inspire you along your treatment journey. Some messages will have links to the Care Companion where you can read more or watch a video on a particular topic.

You'll also receive messages asking how you are doing. Please answer honestly so the program can help you in the ways that you truly need. Messaging will continue for several months after you've completed your program at Rimrock.



### GOMO CARE COMPANION™

Your personalized library of relevant content to support your treatment journey. You can use the library's search feature to locate valuable, "take action" information.



### GOMO CHAT™

Enables you to text with a Peer Support Specialist when you need a little extra support. Just send a text message to our number 1 (800) 227-3953 to discuss any issues. Save this number in your contact list so that you'll recognize messages from us. It's as easy as texting a friend, with no app to download and no cost to you!