

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



RIMROCK 



A Guide to Your
Personal Concierge™

You will receive text (SMS) messages from the number **43386**. Message & data rates may apply according to your carrier rate plan. There are no additional charges. You may unsubscribe at any time by texting **STOP**. For assistance with the program, text **HELP**.

EXPERIENCE POWERED BY:





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!