**A screenshot of a cell phone

Description automatically generated**

**FACEBOOK /INSTAGRAM**

**IMAGE**

**YOU’RE ONE**

**TOUGH MOTHER.**

**A picture containing food, drawing

Description automatically generated  
Text: 125 char (can go higher)**

Being a mom and battling addiction is tough. Put yourself first and get the support you deserve. Call 844-493-TALK or text TALK to 38255

**Headline: 25 char;**

Connect to support today.

**Link description: 30 char**

Strength is asking for support (URL link- toughasamother.org)

**Call to Action**

Get Support Now

**IMAGE**

**COURAGE**

**Is asking for support.**

**A picture containing device, drawing

Description automatically generated**

**Text: 125 char (can go higher)**

If you’re using drugs or alcohol to cope with stress, support is a text or phone call away.   
844-493-TALK or text TALK to 38255

**Headline: 25 char;**

Support. No judgment.

**Link description: 30 char**

Be strong. Ask for support. (URL link- toughasamother.org)

**Call to Action**

Get Support Now

**IMAGE**

**(Use photo for this one)**

**THIS IS HARD**

**A picture containing person, indoor, sitting, young

Description automatically generated  
Text: 125 char (can go higher)**

Being a mom and battling addiction is tough. Put yourself first and get the support you deserve. Call 844-493-TALK or text TALK to 38255

**Headline: 25 char;**

Do this for yourself

**Link description: 30 char**

Be strong. Ask for support. (URL link- toughasamother.org)

**Call to Action**

Get Support Now

A screenshot of a social media post

Description automatically generated