# #ResilientPwD Text Campaign Promotes Stress Reduction and Financial Resilience

The #ResilientPwD text messaging campaign, managed by National Disability Institute (NDI), delivers information, tips and interventions to people with disabilities and chronic health conditions. The texts are sent two times per week, every Tuesday and Friday, and are intended to help combat stress and feelings of isolation, build positive thinking and establish new behavior patterns that promote emotional well-being and financial resilience. People can sign up to receive these messages by texting RESILIENT to 833-632-0273 or by visiting: [**nationaldisabilityinstitute.org/resilientpwd**](https://www.nationaldisabilityinstitute.org/resilientpwd).