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| ****#ResilientPwD Text Campaign Promotes Stress Reduction and Financial Resilience for People with Disabilities and Chronic Health Conditions**** |

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| 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, which are available by signing up for a free subscription, are sent on Tuesday and Friday each week 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 the keyword RESILIENT to 833-632-0273 or by visiting [**nationaldisabilityinstitute.org/resilientpwd**](https://www.nationaldisabilityinstitute.org/resilientpwd/).#ResilientPwD will connect to those with no internet access and provide participants with new ways to manage increased stress, anxiety and feelings of isolation during the COVID-19 pandemic. |

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