



A virtual community of parents who get it

Other Parents Like Me was founded to address the worldwide crisis of teenage mental health and/or substance use issues by creating an empowered online community of parents supporting parents with help, hope, and healing.

MEMBERSHIP INCLUDES



Daily Support Groups

Parent-led — early morning, niche topics, late night, and more



Live Speakers & Panels

Featuring renowned authors and leading experts in live and recorded sessions



A Resource-Rich Hub

Over 1,000 podcasts, articles, apps, books, organizations



Glossary

An A to Z of mental health terms and disorders



Parent Stories & Blogs

Insights into the journey of parents like you



Support Directory

Professionals in the recovery and wellness space



"As a result of these meetings, my relationship with my son has changed."
- Marcie



"These meetings are life changing, in terms of how I view myself, my relationships and the world."
- Michael



"OPLM groups bring me a sense of connection and help normalize my situation."
- Jenny

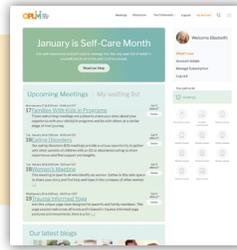


"I feel the parents in these meetings can relate better than any other interpersonal interaction I have."
- Jennifer

HOW IT WORKS

1 DAILY SUPPORT GROUPS

Members gain access to unlimited support groups from 7:00 am to 10:30 pm.



2 A SAFE SPACE

Choose your privacy settings. Be as anonymous as you want with your name, sharing and camera options.



3 PARENTS HELPING PARENTS

Two Peer Parents facilitate each support group to guide, monitor and ensure a safe space. Opening with their own personal shares, so members to feel comfortable and connected.



4 A SHARING COMMUNITY

Each support group centers on a topic to guide the conversation.

This is a place to talk about how you're feeling, how the topic resonated with you or to share something that is on your mind.

Use the chat to feel connected, post questions, inspirations, thoughts or encouragement.

CHAT

Amy: The support from other parents is essential in healing along with your child. Life changing.

Celeste: What a great place for parents to go to get support and no judgement

Chrisoula: The membership donation is such a great idea

Jessica: So you could join and benefit from this even if your child doesn't have substance abuse problems? My child has ADHD, anxiety, depression.

5 PARENT MENTORSHIP

Meet your mentor who will connect you to our amazing community and steer you to the resources and benefits you need. We all know that overwhelming feeling while going through a crisis but you are NOT alone!



6 FLEXIBILITY ON TIME

We close 5 minutes before the hour, enabling members to leave as needed. A sense of community is created as all members read an inspirational message together, out loud.



MEET SOME OF OUR PEER PARENTS

Peer Parents are just like our members — parents of teens struggling with substance use or mental health issues. They facilitate the meetings and are there to support parents on their journey from crisis to healing. We currently have 25 peer parents onboarded.



Phil
Massachusetts | Leads Men's Support Groups

My youngest child led us on this journey to recovery. We own a small ranch in Montana where we horseback ride and enjoy nature.



Holly
California | Leads Meditation Support Groups

I am a Mayo Clinic Trained Wellness Coach and a Certified Parent Coach with the Partnership to End Addiction.



Andy
Georgia | Leads Families with Kids in Programs Support Groups

After my daughter went into treatment programs, I not only sought coaching, but became a parent coach myself.



Jackie
Connecticut | Leads Trauma Informed Yoga

I share the stress reduction and lifestyle management that have helped me heal from my own challenges in daily life and as a cancer survivor.