

## SMS/Text Messaging Communications

Catholic Social Services may offer the option to communicate with us by text message/SMS. Text messaging may be used for purposes such as confirming appointments, reminding you of upcoming services, following up on requests, coordinating case-related communication, responding to inquiries, and addressing specific needs you have requested assistance with.

By providing your mobile phone number and opting in to receive text messages from Catholic Social Services, you consent to receive SMS/text messages from us related to the services, programs, appointments, or inquiries associated with your request. Message frequency may vary depending on your interaction with Catholic Social Services. Message and data rates may apply.

You may opt out of receiving SMS/text messages at any time by replying STOP to any message. After you reply STOP, you may receive a confirmation message that you have been unsubscribed, and Catholic Social Services will no longer send SMS messages to that number unless you opt in again.

For help or assistance with SMS/text messages, you may reply HELP or contact Catholic Social Services directly.

Catholic Social Services does not sell, rent, trade, or share SMS opt-in information, mobile phone numbers, or SMS consent information with third parties or affiliates for marketing or promotional purposes. SMS opt-in data and consent are used only for communication between Catholic Social Services and the individual who provided consent.

Please do not use SMS/text messaging for emergencies. If you are experiencing an emergency, call 911 or contact the appropriate emergency services provider.