



The holidays are a time
of joy and excitement,
but they can also bring mixed emotions.

For some women who are
pregnant during this season, it
can be a challenging time...

The holidays may bring up painful memories
or trigger feelings of loneliness, financial
worries, or pressure to take part in festivities
where alcohol and drugs might be present.

This may also be the first time they choose
to not drink alcohol or use drugs.

Celebrate and encourage abstinence, but
know that if you are struggling to stop or
reduce your alcohol or drug use during
pregnancy, you are not alone.

There is support.



CT 24/7 Treatment Access Line:

1-800-563-4086

DMHAS Addiction Services

Bed Availability:

<https://www.ctaddictionservices.com/>

CAPTA Plan of Safe Care:

<https://cdi.211ct.org/capta/>

Women's REACH Program:

<https://portal.ct.gov/DMHAS/Programs-and-Services/Women/Womens-REACH-Program>