

Socially Distant But Not Alone.

The Center for Disease Control recommends that those who are pregnant practice social distancing for the duration of their pregnancy.

The loss of social connections can place an added stress on any pregnancy, but especially on those who are seeking to reduce or stop alcohol use.

If you are struggling, you are not alone.

There is support.



Resources



[CT Department of Mental Health and Addiction Services](#)



[CT 24/7 Treatment Access Line: 1-800-563-4086](#)



[Talk It Out](#)



[CAPTA Plan of Safe Care](#)



[CT Clearinghouse](#)



[211 CT](#)



[Women's REACH Program](#)



[CT Coalition Against Domestic Violence - Safe Connect](#)



[DMHAS Addiction Services Bed Availability](#)



[CT Community for Addiction Recovery](#)



[LiveLOUD](#)



[Power to Decide](#)



[CT Office of Early Childhood](#)