



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...

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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.

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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>