

# You Deserve a Safe Journey to MOTHERHOOD & RECOVERY

**Intimate partner violence (IPV)** can place an added vulnerability on any pregnancy.

If the stress of IPV also increases your **struggle with obtaining or maintaining recovery from substance use**, this can be even more dangerous for you and your baby.

**If you are experiencing IPV and also struggling with a substance use disorder, please know that help is available.**



## DOES YOUR PARTNER....

- get jealous when you spend time with others
- force you to have sex when you don't want to?
- call you names or put you down in front of others?
- keep you from seeing family and friends?
- monitor your text messages, emails and social media accounts without your permission?
- withhold money from you?
- physically harm you?

CT Safe Connect advocates are available 24/7 to discuss IPV options and resources. All services are free, confidential, voluntary, and safe. You do not even have to say your name if you are not comfortable doing so. You can reach an IPV advocate by calling or texting 888-774-2900 or by email or live chat at [www.CTSafeConnect.org](http://www.CTSafeConnect.org)

If you struggle with a substance use disorder, the Women's REACH Program can provide outreach, engagement, case management, recovery coaching, community connections to treatment, and recovery support resources, in particular those who are pregnant and/or parenting.

Visit:

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