

New Year, New Beginnings

If you are thinking about reducing or stopping your alcohol or drug use, the thought of where to begin or how to ask for help can be challenging.

This can be even more difficult if you are pregnant or thinking about becoming pregnant.

Do not be discouraged.
Know you are not alone in achieving your goals.

You have peer supports across the state who can help you navigate your options.

You have the right to treatment and recovery supports that are judgement and stigma free.

**There is hope. There is healing.
We are here for you when you are ready to reach out.**



CT 24/7 Treatment Access
Line: 1-800-563-4086



Women's REACH Program



CT Community for
Addiction Recovery.



211 CT



DMHAS Addiction Services
Bed Availability.



LiveLOUD