



# 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>