

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](#)



[CAPTA Plan of Safe Care](#)



[Women's REACH Program](#)



[CT Community for Addiction Recovery](#)



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



[CT Clearinghouse](#)



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



[LiveLOUD](#)



[Talk It Out](#)



[211 CT](#)



[DMHAS Addiction Services Bed Availability](#)



[Power to Decide](#)



[CT Office of Early Childhood](#)