

HOW TO USE THESE MATERIALS



HARM
REDUCTION
SAVES
LIVES



support
don't punish

Our goal is to promote the overall health and wellbeing of pregnant people who use substances - and their families.

Most people use some kind of substance. And when they find out they are pregnant, most people think about stopping or reducing their substance use. **Support is available to help you reach those goals.** But it's also important to know that there are many steps you can take to have a healthier pregnancy - in addition to changing your substance use. We'll talk about them here.

This resource is intended for use by pregnant and parenting people who use drugs, their loved ones, and their service providers. You can use this information to understand your rights, access services, and find high-quality, evidence-based care.

We hope these materials help you to **start important conversations about your plans, hopes, goals, and dreams - for pregnancy, for parenting, and beyond.**

This work is **written, edited, and informed by people who have lived experience** of substance use and pregnancy. We use the words "pregnant people" and "parents" to be inclusive of everyone who has the capacity to be pregnant, parent, and care for children - including those who are trans and gender non-conforming.

We know that you are the experts when it comes to your health and your own lived experience.

So we would love to hear from you. Can this work be improved? Do you want to contribute to future versions? Tell us. Please contact us at:
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