

Finding Support: Compassionate Care Matters

It can be difficult to ask for help or support. For people who use substances, it can feel even more scary to do so. A trusted care provider, such as a midwife, social worker, physician, nurse, or Elder can help you make decisions about your substance use that are right for you. **You deserve care that is kind, respectful, and understanding.**

Why Prenatal Care Helps

- **Every visit matters.** Seeing a health care provider –even if you’re still using substances – can help keep you and your baby healthy.
- **Withdrawal risks.** Quitting suddenly can be dangerous. Talk to a health care provider before stopping completely. It is important to find care that prioritizes yours and your baby’s health.

Building a Support System

- Connect with friends or family members you trust not to judge you.
- Find others with shared experiences. Finding a peer in recovery or who is pregnant and has reduced or stopped their substance use can help you as someone who understands what you’re going through.
- Join an online or in-person support group that values kindness and harm reduction.



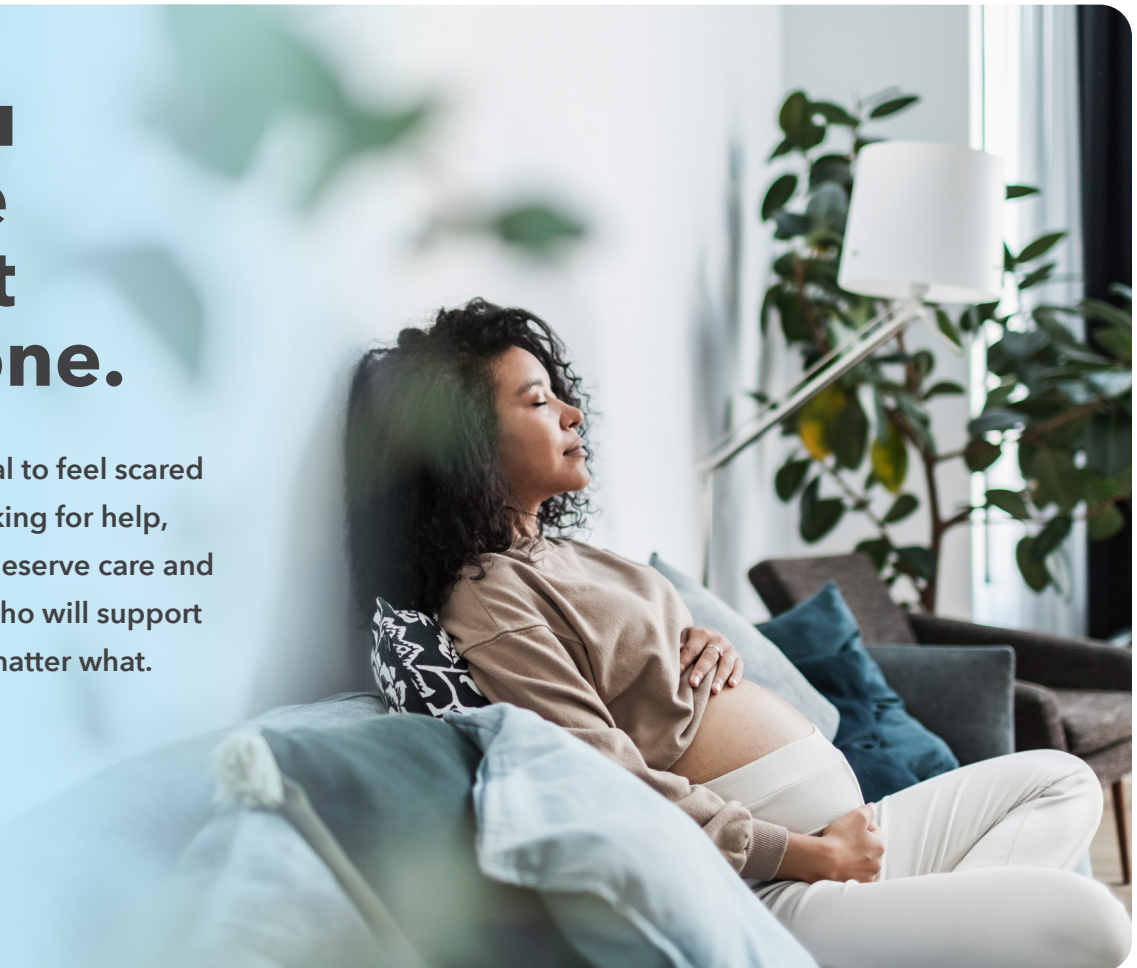
Where to Get Help

Your circle of support may look different than someone else's. It is important to consider who is in your circle - whether it be a health or other trusted care provider, Elder, counsellor, peer support worker, etc.

- Look for a trusted health or community-based program provider.
- **Try harm reduction services.** If you are struggling to reduce your use, harm reduction services may be able to offer safer, judgment-free care.
- **Find others with lived experience.** Social support is important- connecting with people who have similar experiences to you and have made positive changes can be very helpful.

You Are Not Alone.

It's normal to feel scared about asking for help, but you deserve care and people who will support you—no matter what.



TO LEARN MORE VISIT:

[pregnancyinfo.ca/
substance-use-in-pregnancy](https://pregnancyinfo.ca/substance-use-in-pregnancy)