



# You Are Not Alone.

## Help is Available for Substance Use During Pregnancy.

Substance use is a part of many people's lives. It can be something that helps you with stress or pain. It may be something that you do for fun or pleasure, or it can be a challenge in your life. Regardless of why you use, there are ways to keep both you and your baby as healthy as possible.

### Taking Small Steps Towards Change:

- Take care of you and your health in as many ways as possible.
- Eat healthy foods, drink lots of water, and rest when you can.
- Talk to a trusted health care provider about safe ways to stop or cut back your use.
- **Be kind to yourself.** Every step you take towards reducing use is a positive step.



**Yours and Your Baby's Health Matters.**  
**Reach Out for Support.**

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

