

Building Your Team



Substance use disorder treatment is an important part of your support team. Without treatment or sobriety in place, it can feel hard to do anything else.

There are other folks who can support you during your pregnancy and childbirth. We have a few suggestions of people you may want to have by your side at this time.

It's totally okay to ask for lots of help right now. And it's so important to get the help you need, for you and for your baby.