

Meet Your Recovery Team

Your recovery team is a group of people who will support you during and after your pregnancy. Who do you want on your team?



Treatment Provider

- Specializes in recovery from substance use disorders
- Can offer medications that help with cravings and sobriety
- Can be outpatient, or part of a recovery home, if you need somewhere to stay



Sponsor

Someone from a 12-Step program who is also in recovery and can share wisdom and personal experience with you.



Peer Recovery Coach

A special support person who uses their personal recovery experience to guide people through the multiple pathways of treatment and recovery.



Psychiatrist

A doctor who can help with medications for your substance use disorder or any mental health conditions.

Make sure they know your substance use history and about your pregnancy so that you get the best advice.



Therapist

A really useful support: someone who is just there to listen and support you!

Some therapists specialize in pregnancy-related issues or substance use. Find someone you click with and who understands your situation.



Other Team Players

- Faith-based counselor
- Peer mom in recovery
- Pregnancy coach
- Supportive family and friends
- Who else will be on your team?