

Are you or is someone you know pregnant and worried about drugs and alcohol.

**WE CAN HELP!**



HELP

IS

AVAILABLE

NH DEPT. OF HEALTH AND HUMAN SERVICES

**NHBDAS**

BUREAU OF DRUG AND ALCOHOL SERVICES



Promoting Prevention and Recovery

partnership for a  
**drug free NH** ★

# You're not alone.

## Take the first step. Let us help you with:

- Referrals to drug and alcohol treatment
- Transportation, childcare, prenatal care, and pediatric care
- Referrals to health care

## Services offered are:

- Safe and confidential
- Supportive and family-oriented

For information on where to receive help today, visit:

[dhhs.nh.gov/dcbcs/bdas/pregnant-suds.htm](https://dhhs.nh.gov/dcbcs/bdas/pregnant-suds.htm)



**State-funded providers offer sliding fee scale based on income (low or no cost).**

## Get the support you need!

- Take the first step for you and your baby.
- Learn how to live without drugs or alcohol.
- Meet other women dealing with the same issues.
- Understand how trauma can affect your life and learn new skills to cope.
- It's never too late to begin!