

HOW TO USE THE *SUBSTANCE USE AND PREGNANCY* RESOURCE LIST

Thank you for agreeing to provide the *Substance Use and Pregnancy* resource list to your patients. It is designed to support healthcare providers after they have discussed alcohol and substance use with their pregnant and postpartum patients.

ABOUT THE RESOURCE LIST

We encourage using the list with all pregnant and postpartum patients, not only those who may have reported alcohol or substance use. The purpose of the resource list is to enable healthcare providers to offer national and local resources to patients that can be used at any time. The blank section is for your office to fill in with local resources that may need referrals from you or be connected to your practice to provide support. Your office's contact information can also be added. These resources can be added to your website, in patient portals, or in other resource lists you may provide.



HOW TO USE THE RESOURCE LIST



1

DOWNLOAD

the file to your computer.

2

DETERMINE

if you want to add local resources by writing them in by hand for each patient or if you want to add the same list of resources for all patients.

- If you want to write in local resources by hand, **go to step 3**.
- If you want to type your local resources into the document to be used by all patients, right click on the space under Local Resources and add the resources you would like to recommend. Save the document as a new file on your computer.

3

PRINT

the number of copies of the resource list you need for the office. Remember, each printed sheet creates two copies of the resource list, so you only need to print half the number of pages. Choose black and white or color printing.

4

Once printed, cut each page in half along the dotted line.

5

Let your clinical staff know about the resource list and place copies of the resource list where they can be easily accessed by your clinical staff.



U.S. CENTERS FOR DISEASE
CONTROL AND PREVENTION

DO YOU HAVE CONCERNS ABOUT ALCOHOL OR SUBSTANCE USE?



RESOURCES TO HELP TAKE CARE OF YOU AND YOUR BABY

DATE: ____/____/____

It was good to see you today. This can be an exciting time but may also feel stressful or scary. Doing your best to stay healthy can give you and your baby a great start. One way to stay healthy during pregnancy is to not use substances such as alcohol, cannabis (also known as marijuana), tobacco or illegal substances, and to avoid nonmedical opioid use.

You are not alone if you have concerns about your alcohol or other substance use while pregnant. Drinking alcohol or using other substances during pregnancy is common. You can also talk to us after your baby is born to learn about the risks of alcohol and other substance use. We are here to help by answering questions, providing support, and discussing options.

If you need support to stop using alcohol or other substances, contact our office or any of these trusted, free resources.



U.S. CENTERS FOR DISEASE
CONTROL AND PREVENTION

NATIONAL RESOURCES (details available online):

FindTreatment.gov

Confidential and anonymous local treatment resources for substance use disorders or other mental health concerns.

NIAAA Alcohol Treatment Navigator (alcoholtreatment.niaaa.nih.gov)

Information, providers, and programs for alcohol treatment anywhere in the U.S.

Recovering Mothers Anonymous (recoveringmothers.org)

Online support with mothers who have used substances during pregnancy.

Alcoholics Anonymous (aa.org)

Local online or in-person support from people with alcohol use problems.

Academy of Perinatal Harm Reduction (perinatalharmreduction.org/substance-use-disorder)

General information about substance use and pregnancy.

National Maternal Mental Health Hotline 1-833-TLC-MAMA (852-6262)

Confidential mental health support anytime by phone or text.

FIND TREATMENT 1-800-662-HELP (4357)

LOCAL RESOURCES:

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