

HOW TO USE THESE MATERIALS

This information is intended for use by **pregnant and parenting people who use drugs, their loved ones**, and their **service providers**.

Our goal is to promote the overall health and wellbeing of pregnant people who use substances and their families.

Most people use substances. And when they find out they are pregnant, most people think about stopping or reducing their substance use. It is important to remember that there are many things you can do to have a healthy pregnancy - including changing how you use.

We believe in informed decision-making. We hope that pregnant people and their families can use the information in this toolkit to understand their rights, access services, and find high-quality, evidence-based care.



HARM
REDUCTION
SAVES
LIVES



support
don't punish

These materials can be shared with family members and service providers to help you **start important conversations about your plans, hopes, goals, and dreams**.

This work is **written, edited, and informed by people who have lived experience** of substance use, pregnancy, and parenting. We use the words "pregnant people" and "parents" to be inclusive of everyone who has the capacity to be pregnant, parent, and care for children - including those who are trans, non-binary, and gender non-conforming.

We recognize that you are experts too. So we would love to hear from you. Can this work be improved? Do you want to contribute to future versions? Tell us.

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