

Alcohol and other drugs

Drinking alcohol or using drugs is very dangerous for your health and the health of your baby. No amount of alcohol is safe to drink during pregnancy.

It is never too late to stop drinking or using drugs. Check any of the following that were part of your behavior prior to pregnancy:

- I drink or get high to deal with tension or physical stress.
- Most of my friends or acquaintances are people I drink or get high with.
- I have lost days of school/work because of drinking or other drug use.
- I have had the shakes when going without drinking or using drugs.
- I regularly get high or under the influence of a substance.
- I have periods of time that I cannot remember (blackout).
- Family members think drinking or other drug use is a problem for me.
- I have tried to quit using substances but cannot.
- I often double up and/or gulp drinks or regularly use more drugs than others at parties.
- I often drink or take drugs to “get ready” for a special occasion.
- I regularly hide alcohol/drugs from those close to me so that they will not know how much I am using.
- I often drink or get high by myself.
- My drinking or use of drugs has led to conflicts with my friends or family members.



During your pregnancy:

- Have you used drugs or alcohol during this pregnancy?
- Have you had a problem with drugs or alcohol in the past?
- Does your partner have a problem with drugs or alcohol?
- Do you consider one of your parents to be an addict or alcoholic?

If you answered “yes” to one or more of these questions, please call your doctor or the Oregon Partnership at 1-800-923-4357.

For more information

The following self-help meetings are FREE:

Alcoholics Anonymous (AA)

Look on www.aa-oregon.org for meetings.

Narcotics Anonymous (NA)

Look on www.na.org for meetings.

Al-Anon Family Groups

Call 1-800-344-2666 or go to www.al-anon.org for meetings.

Oregon Partnership

1-800-923-4357