

# Alcohol, Other Drugs, and Your Baby



**Oregon Partnership Help Line: 1-800-923-HELP (4357)  
or [www.orpartnership.org/helpline.asp](http://www.orpartnership.org/helpline.asp)  
Call the free confidential help line if you have questions!**

## Self Help Meetings:

### Alcoholics Anonymous (AA):

Look in white pages of your local telephone book or [www.aa-oregon.org](http://www.aa-oregon.org) for meetings.

### Narcotics Anonymous (NA):

Look in white pages of your local telephone book or [www.na.org](http://www.na.org) for meetings.

Al-Anon Anonymous: 1-800-344-2666 or [www.al-anon.org](http://www.al-anon.org) for meetings.

Eligibility: AA, NA or Al-Anon meetings are free.

Drinking alcohol or using drugs is very dangerous for you and your baby's health.

**NO AMOUNT OF ALCOHOL IS SAFE TO DRINK DURING PREGNANCY.  
It is never too late to stop.**

Do you have a problem with alcohol or drugs? Find out by answering the questions below!

### Please check off the box below, if you ever drank alcohol:

- Have you ever felt you ought to cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

### During Your Pregnancy:

- Have you ever 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 checked one or more questions, please call your doctor or Oregon Partnership at 1-800-923-4357 to find out if you need help.

