



You Can Quit Using Drugs or Alcohol

Drugs and alcohol can hurt your unborn baby.

There are things you can do to quit or to cut down your use of drugs or alcohol.

For a day or 2, write down each time you use alcohol or drugs. Ask yourself what caused you to do so. Maybe you were worried or scared. Maybe you were with certain friends.

Get help if you:

- Feel sad or depressed
- Are worried about money
- Face violence or other problems

Some ideas to help you quit or cut back:

- Decide what date you will quit
- Make a list of healthy things you like to do
 - ◆ Tape it where you can see it often
 - ◆ Look at this list if you get the urge to use drugs or alcohol
- Ask a friend or family member to quit with you
- Join a self-help group to get the support you need
- Identify 2 or 3 friends or family members you can call for support if you feel like using drugs or alcohol

Remember, you only need to get through 1 day at a time.

There are drug and alcohol treatment agencies in your area.

1. Ask your health care provider for a referral.

Name: _____

Phone: _____

2. Call 1-800-879-2772.
3. Visit <http://www.dhcs.ca.gov/individuals/Pages/MentalHealthPrograms-Ind.aspx>

Healthy things I like to do:
