



# journey to recovery

## YOUR CHOICES MATTER

- ✓ Taking opioids during pregnancy may cause premature birth, birth defects, and drug withdrawal called neonatal abstinence syndrome (NAS).<sup>1</sup>
- ✓ Talk with a tribal health care provider before quitting opioids. Stopping suddenly sometimes harms an unborn baby, and could cause miscarriage.

## TREATMENT WORKS

- ✓ Treatment for OUD is most effective when it includes medication along with mental, emotional, spiritual, and cultural support.
- ✓ Medication can stop and prevent withdrawal and reduce opioid cravings, allowing you to focus on your recovery and caring for your baby.<sup>2</sup> Buprenorphine and Methadone are safe during pregnancy and breastfeeding.
- ✓ Talk with your doctor, tribal behavioral health provider, or other health care professional about the best treatment for you and your unborn baby.

## THERE IS HOPE

- ✓ Begin your journey to wellness and become the healthy, strong parent you hope to be for your child and tribal community.

## STRONG FAMILIES, COMMUNITIES, AND CULTURE

### Get help now.

If you or a loved one is expecting, it is important to take steps now for a healthy pregnancy, a healthy baby, and a healthy you. You are not alone and seeking treatment for opioid use disorder (OUD) is a positive step for you and your baby's future.

Find treatment  
resources near you

**1-866-789-1511**

**WaRecoveryHelpline.com**

Sources: <sup>1</sup>March of Dimes <sup>2</sup>Substance Abuse and Mental Health Services Administration

Washington State  
Health Care Authority