



journey to recovery

YOUR CHOICES MATTER

- ✓ Taking opioids during pregnancy may cause premature birth, birth defects, and drug withdrawal called neonatal abstinence syndrome (NAS).¹
- ✓ 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.² 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