

Substance Use Support for Mothers

Pregnancy, postpartum, and beyond



You are not alone.

Substance use during pregnancy and after birth can be complicated. Stress, trauma, mental health concerns, and barriers to care can all affect substance use. Support is available, and asking for help is a sign of strength.

What is a Substance Use Disorder?

Substance Use Disorder (SUD) is a treatable health condition involving the continued use of alcohol, tobacco, prescription medications, or other substances in ways that may cause harm.

What can I do?

TALK

Talk with a healthcare provider, case manager, mental health professional, or trusted support person.

ASK

Ask about treatment and support options that fit your needs.

CONNECT

The Flourish Project can help you find appropriate care and support.

Important: Do not stop prescribed medications or substances suddenly without medical guidance. A healthcare professional can help you make the safest plan for you and your baby.

A good place to start is with the Flourish Project.

We can listen, talk through treatment and support options, and help connect you with appropriate care.



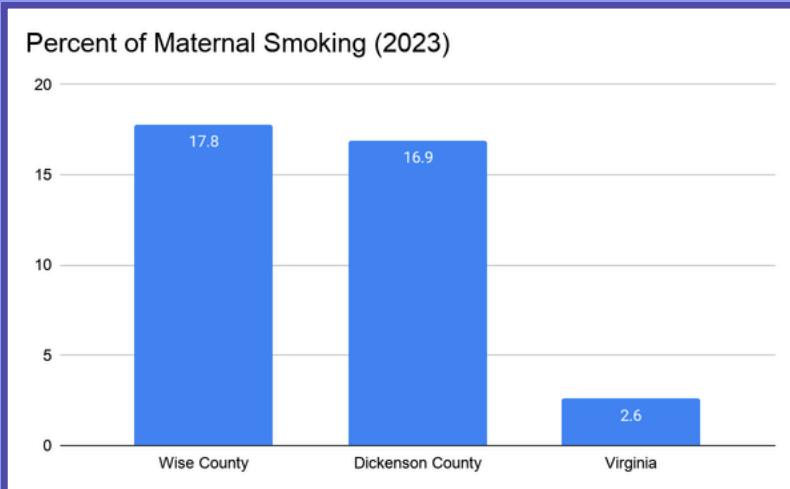
UNITED WAY
Southwest Virginia



Understanding the Need & Finding Support

A Closer Look at Maternal Smoking

Tobacco is the most commonly used substance during pregnancy. In Southwest Virginia, maternal smoking rates are significantly higher than rates across Virginia.



Source: Virginia Department of Health, Maternal & Child Health Indicators, 2023.

Why does support matter?

Substance Use Can Affect Mom & Baby

Substance use during pregnancy can increase health risks for both mother and baby and may contribute to pregnancy and birth complications.

Pregnancy complications

Preeclampsia & miscarriage

Birth outcomes

Low birth weight & stillbirth

Newborn Health

Withdrawal symptoms & other health concerns

Support is Available.

Asking for help is a sign of strength. Connecting with the right support can help improve health outcomes for you & your baby.



Scan to learn more
about the Flourish
Project and find support.



www.unitedwayswva.org/flourish-project