

# It's Okay to Ask for Help



Pregnant?

Living with addiction to  
drugs and alcohol?

Wondering about safe  
treatment options?



Office of Alcoholism and  
Substance Abuse Services

Department  
of Health

# Help Is Available

If you are pregnant and living with addiction, there are safe treatment options.



Talk to your Health Care Provider about treatment and medications that can help support a healthy pregnancy.

**FOR HELP & INFORMATION**

[CombatAddiction.ny.gov](https://CombatAddiction.ny.gov)

**CALL** 877-8-HOPENY

**TEXT** HOPENY to 467369



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