



**Being a mom
is tough, but
so are you.**

If you are using alcohol, marijuana and/or other drugs to cope with stress or trauma, you are not alone. Support is available so you can be the strongest mom possible.

**Call our state helpline
for help:**

405-820-1199

Motherhood is hard. Your children need you, but they need you to be healthy first. Substance use doesn't have to get the best of you. Many people do not understand why or how someone, especially a mother, becomes dependent on drugs and alcohol. They might assume that a mother's love for her children should be enough for her to stop using drugs. They don't understand that substance use disorder is a disease. In reality, quitting takes way more than good intentions or a strong will—it takes the right medical treatment and therapeutic support.

You're not alone. Motherhood is never going to be easy, but it can be better. The sooner you ask for support, the quicker you can get medical help that treats your mind and body.

Substance use disorder is a medical issue, not a moral shortcoming. It's ok to admit that you are struggling. Like other medical problems, substance use will harm your health until it gets treated. Through scientific advances, we know more about how drugs work in the brain than ever before, and we better understand how to treat substance use disorder in women. Get the treatment you deserve, so that you can be healthy, well, and the strongest mom possible.



What does recovery look like?

Getting support and treatment is a sign of strength.

- Disclosing substance use does not mean you will lose your child or your children. In fact, there are treatment programs where your children can be with you while you get support.
- Substance use treatment providers are not part of the court or child welfare systems.
- Pregnant women and mothers with young children get first priority. This means that if there is a wait list, you go to the front of the line to receive treatment.
- You can get support and be in treatment with other pregnant women, or with mothers like you who have children at home.
- Treatment providers can be your advocates. They speak up for you and support you during your recovery. Your treatment will be confidential and judgment-free.
- Your Family Care Plan can keep a record of their support, acting as a “recovery resume” documenting all the steps you are taking on your recovery journey.



Visit our website to find a list of treatment providers in your area:

www.okimready.org/family-care-plan-providers



If you need help, services, or support now, call our **state helpline: 405-820-1199**