

Substance Use During Pregnancy and Lactation

Substance use is the eating, smoking, snorting, injecting, or otherwise taking of substances that cause changes to brain and behavior.

Repeated substance use can cause permanent changes in how the brain and body work.

Common substances include:

- Alcohol
- Cannabis
- Cocaine
- Tobacco
- Fentanyl
- Meth
- Xylazine
- Heroin



If you're having a hard time stopping or reducing use, non-judgemental, confidential help is available.

Start by calling the Yolo County Access Line at (888) 965-6647 to complete a quick screening and get connected to support, OR

Visit a CommuniCare+OLE clinic at the following locations during normal business hours, first come first served, (9:00am-4:00pm) to complete the screening and get connected:

Salud Clinic
500 Jefferson Blvd. #195
West Sacramento, CA 95605
(916) 403-2970

Hansen Family Health Center
Behavioral Health Entrance
215 West Beamer Street
Woodland, CA 95695
(916) 405-2800

Potential health effects to baby of substance use during pregnancy and while breastfeeding include:

- Birth defects
- Developmental delays
- Low birth weight
- Preterm delivery
- Behavioral challenges



Connect With Us For Help

☎ (916) 403-2905

✉ welcomebaby2r@communicareole.org

🌐 first5yolo.org/welcomebaby



Welcome Baby
ROAD TO RESILIENCE