

Are You Pregnant or May Become Pregnant?

Drug and alcohol use
while pregnant
will harm your
unborn
baby

Getting **Help** is easy – Virginia's CSBs give priority to pregnant women who are using drugs and/or alcohol. You will get help within 48 hours of requesting assistance from the CSB.

For help, contact:

**Mount Rogers CSB
Wythe/Bland Counseling Center
770 West Ridge Rd, Suite 220
Wytheville, VA 24382
Phone: (276) 223-3202**

Healthy Pregnancy Tips:

- Make a goal of delivering your baby drug, alcohol and tobacco free
- Get treatment and support through your CSB
- Get prenatal care from your medical provider
- Keep your baby safe
- Find healthy ways to manage stress