

If I'm on methadone, aren't I just trading a drug for a drug?

I'm pregnant. Why can't I just stop using drugs?

Is my baby going to be born addicted?



If I'm on methadone, won't DHHS report me and take my baby as soon as it's born?

Is it safe to breastfeed if I'm prescribed methadone?

Is it safe for me to be on methadone or Subutex when I'm pregnant?

Pregnant? Addicted? You are not alone.

The Portland Women's Task Force is a group of concerned providers and community members who want to help you find the answers and support you need. Methadone, prescribed under a physician's care, is an option for treating opioid addiction in pregnant women.

It is safer for pregnant women—and their unborn babies—to be prescribed methadone than to:

- 1) Continue using illegal drugs
- 2) Quit "cold turkey"

Talk to your healthcare provider to determine which options are safest for you and your baby.

There are many myths but there are also many options. Get the facts to inform yourself and your family.

Greater Portland resources for women who are pregnant & addicted to opioids:

CAP QUALITY CARE
(207) 856-7227

CROSSROADS FOR WOMEN
(207) 773-9931

DISCOVERY HOUSE
(207) 774-7111

MERCY RECOVERY CENTER
(207) 879-3600

MERRIMACK RIVER MEDICAL SERVICES
(207) 221-2292

PORTLAND PUBLIC HEALTH DIVISION
(207) 756-8116

PROP/THE WOMEN'S PROJECT
(800) 698-4959
2-1-1 MAINE
DIAL 211

Portland Women's Task Force Members

CAP Quality Care, Casey Family Services, Community Partnerships for Protecting Children, Crossroads for Women, Department of Health & Human Services/Child Protective Services, Family Crisis Services, Maine Alliance for Addiction Recovery, Maine Medical Center (Barbara Bush Children's Hospital & Perinatal Outreach Nurses), Merrimack River Medical Services, Portland Community Police, PROP/The Women's Project, USM Community Nursing Partnership, Volunteers of America/NNE, and Portland Public Health Division's Minority Health Program, Street & Free Clinics and the Overdose Prevention Project.

www.substanceabuse.portlandmaine.gov