Worried about your drinking or other substance use?

- Alcohol
- Marijuana
- Rx Drugs

You're not alone. We can help.

If you're pregnant or postpartum and concerned about your drug use, it can be hard to know where to turn for help. We understand the importance of privacy and nonjudgmental support, so whether you need information, advice or just someone to listen, we're here for you.



FREE - PRIVATE - EASY TO USE - PERSONALIZED - TRUSTED

The BabySTEPs Text Messaging Program is a safe space for anyone who is pregnant or parenting a baby. You'll receive messages with information and support. You can also chat via text with compassionate, experienced specialists.

Text BABY to 55753 to start receiving texts or connect with a professional, or visit drugfree.org/baby for more resources.

Every journey to parenthood is different, and everyone deserves support.

The BabySTEPs program was created by the nonprofit Partnership to End Addiction.

Msg and data rates may apply. Msg frequency varies. Text HELP for help or STOP to opt out.

drugfree.org/babysteps-terms
drugfree.org/article/privacy-policy