



Health
Illawarra Shoalhaven
Local Health District

SUPPS

Substance Use in Pregnancy & Parenting Service



Are you pregnant and using
drugs or alcohol?



1300 652 226

(Mon-Fri: 9am-4.30pm)

WANT US TO CALL YOU?

SMS your name to 0497 652 227

(This is an SMS line only)

We will call you during business hours.
Calls from us appear as a private number.

SUPPS

can support you
during your pregnancy



We provide a FREE service

We can:

- ✓ **Provide** information on tobacco, drug or alcohol use in pregnancy
- ✓ **Work** with you to make changes in your drug or alcohol use
- ✓ **Discuss** treatment choices with you
- ✓ **Connect** you with other services during your pregnancy and after you have had your baby - such as Maternal Services, Child & Family Nurses, Family Support, Playgroups, Quit Smoking
- ✓ **Support** partners, parents and family

LOCATIONS

ILLAWARRA

The Orana Centre,
2 Rawson St, Wollongong

SHOALHAVEN

47 Berry St,
Nowra

After-hours drug and alcohol support: 1800 422 599

www.islhd.health.nsw.gov.au/Services/Drug_and_Alcohol/



We acknowledge the traditional custodians of the lands on which we work and live, and pay our respect to Elders past, present and future.

Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.



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