

BEYOND THE DUE DATE

Being a supportive partner through substance use recovery, pregnancy, and postpartum

The time from the middle of pregnancy up to your baby's first birthday is a very important period. During this time, a pregnant person may face challenges with drugs and alcohol. It can be hard to know the best way to help and support your partner or coparent. The information in this document is here to help and guide partners of pregnant people.



Learn about health concerns after birth:

- [Maternal Warning Signs](#)
- [Warning Signs Training](#)
- [Period of Purple Crying](#)
- [Safe Sleep](#)

Identify ways you and your partner can manage stress:

- [Develop a Family Care Plan](#)
- [Coping Mechanisms Menu](#)
- [Partner Communication](#)

Participate in support groups and programs by and for partners and/or families caring for a person with SUD:

- [Dads Support Group](#)
- [Dads in Recovery](#)
- [Dads to Doulas Program](#)
- [Nashua Fatherhood Group](#)
- [Wit's End](#)
- [SOS Family Support Meetings](#)
- [Archways Family Support](#)
- [The Family Restored Support Group](#)

Connect with programs that provide support, resources, and education for pregnant and newly parenting families:

- [Family Resource Centers](#)
- [Healthy Families America NH](#)

Learn about addiction and the postpartum period:

- [Neurobiology of the Brain](#)
- [Addiction and the Brain](#)
- [Postpartum Changes](#)
- [Perinatal Mental Health Discussion Tools](#)

Keep naloxone (Narcan) on hand.

This medicine quickly stops an opioid overdose.

- [Overdose Prevention and Response Video](#)
- [What to Do in the Event of an Overdose](#)

Remember that you are not alone:

- [NH Doorway](#): Call 211
- [Suicide Prevention Hotline](#) and [NH Rapid Response Access Point](#) (www.nh988.com)
Call 988 or Call/Text 833-710-6477
- [Safe Spot Overdose Hotline](#):
Call 1-800-972-0590
- [NH MomHub](#)
Call/Text: Mon - Fri: 603-403-3400
- [National Maternal Mental Health Hotline](#):
Call/Text 1-833-TLC-MAMA
- [Postpartum Support International](#):
Call/Text 1-800-944-4773

