



THIS IS HARD.

Many people don't understand why or how someone, especially a mother, becomes dependent on drugs and alcohol. They don't understand the disease of addiction.

Quitting takes way more than good intentions or a strong will—it takes the right medical treatment and therapeutic support.



OKLAHOMA
Mental Health &
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WE KNOW IT IS NOT EASY BEING VULNERABLE AND SEEKING HELP. CELEBRATE YOUR BRAVERY, FOR YOU ARE MAKING A CHOICE TO LEARN ABOUT THE POSSIBILITIES AND OPPORTUNITIES OF A LIFE FREE FROM COPING THROUGH SUBSTANCE USE.



Motherhood is hard.

Your children need you, but they need you to be healthy first. Addiction doesn't have to get the best of you.

Addiction is a disease.

It's ok to admit that you are struggling. Addiction is a medical issue, not a moral shortcoming. Like other medical problems, substance use will harm your health until it gets treated.

You're not alone.

Motherhood is never going to be easy, but it can be better. The sooner you ask for support, the quicker you can get medical help that treats your mind and body.



Family Care Plans are helping mothers and providers work together towards recovery. Find a treatment provider in your area today, so you can be the best mom possible. Scan this QR code to learn more.



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