



**CALL TO  
CHAT**

**ASK  
QUESTIONS**

**SHARE  
EXPERIENCES**

**FIND LOCAL  
RESOURCES**

**Can I call anonymously?**

Absolutely – only share what makes you comfortable.

**Can I call or text after business hours?**

Absolutely! Struggles happen at all hours, call or text anytime.

**Can I remain anonymous?**

Of course, only share what you makes you feel comfortable.

**I'm pregnant and struggling with my recovery. I want to reach out for help, but I'm scared.**

Totally understandable. Please reach out, and we can walk through what your options are and how to get you safely connected.

**I just moved to a new town, can you help me with local resources?**

Absolutely!

**Can I call just to chat about a hard day?**

Yes, any time, day or night.

**Can dads call too?**

Of course!



*Call or text*

701.471.0857

A North Dakota Behavioral Health Initiative




**Pregnant or  
parenting while  
struggling with  
recovery?**



**Talk to someone  
who's been there**

*Call or text Kay*

701.471.0857

A composite image featuring a man with a beard kissing a baby on the forehead, and a woman with long brown hair holding a baby. The image is split by a teal curved line.

“ For over half of my life nothing made sense. Now I am at a point where I can use my experience to help other parents on their journey to recovery and wellness. ”

# Kay's story

Early in my adulthood, using substances made everything numb, and tolerable. Shortly after the birth of my first child, my addiction progressed so fast that before you knew it I lost custody of him. I spent many years in and out of prisons, jails, and being homeless. I lost my entire sense of identity and self-love, feeling as though I was a lost cause. The guilt and shame I carried with me every day only sent me deeper into my addiction, to the point where I completely gave up on myself. My life revolved strictly around using, and escaping the pain... Even if that meant using while I was pregnant. I gave birth to more beautiful children, however could not give them the life they deserved. I always wanted to be a wonderful parent. I was desperate for a better life, I just didn't believe it was possible. And if it was

possible, how would I get there? After years of that journey, a seed of hope was planted in my soul. When I think of how I successfully entered recovery, I think of the Peer-To-Peer Support I received. Not only did somebody believe in me, they could relate to my journey, and share insight on how they recreated their life. I am now a parent in long term recovery, and have reunited with all of my children. Most importantly, I have grown to start loving myself again and build healthy relationships. Some days are harder than others, which is why support and connection is so important.

**You are worthy, and it IS possible**

- Talk to a parent with lived experience who has been in your shoes
- You can remain anonymous
- Non-judgmental conversation
- There is no cost
- Assistance with local supports and resources