

**Alcohol use during pregnancy is the
#1 cause of preventable birth defects.**

-U.S. Centers for Disease Control



Have a
healthy baby.
Be an **alcohol-free**
mother-to-be.

**There is NO safe time, NO safe kind and
NO safe amount of alcohol during pregnancy.**

**You are not alone. Help is available.
Dial 2-1-1 to find resources in your area.**

For educational materials:
Contact SAMHS Information & Resource Center
Phone: 1-800-499-0027
Email: osa.ircosa@maine.gov
TTY: 711 (Maine Relay)



Paul R. LePage, Governor Mary C. Mayhew, Commissioner

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