

Alcohol, Pregnancy, and your Mental Health

during COVID-19

Many Canadians are stressed and anxious because of the COVID-19 (coronavirus) pandemic. It is normal to feel this way. When we feel stressed or anxious, we might turn to alcohol to make us feel better. However, using alcohol or other substances is not healthy for your body, your mind, or your pregnancy. Alcohol can actually make us feel more anxious and depressed and can affect our physical health.

Exposure to alcohol before birth can cause **fetal alcohol spectrum disorder** (FASD). FASD is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. Each person with FASD has both strengths and challenges and will need special supports to help them succeed with many different parts of their daily lives.

Being active, talking to friends, eating well, getting lots of sleep, and doing something you love are all healthy ways to cope with stress. If you find you are still struggling, connect with these organizations for help:

Wellness Together Canada

Text WELLNESS to:
686868 for youth
741741 for adults

Get access to support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls.

Kids Help Phone

Call **1-800-668-6868**
or text
CONNECT to **686868**

Available 24 hours a day to Canadians aged 5 to 29 who want confidential and anonymous care from professional counsellors.

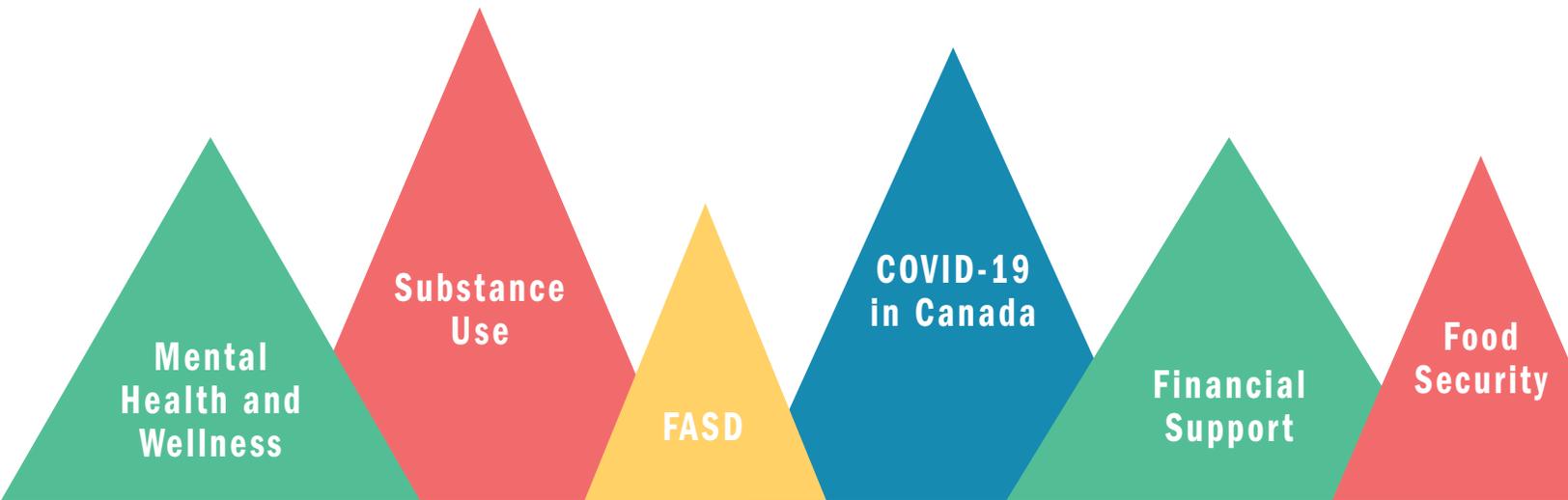
Hope for Wellness

Call
1-855-242-3310
or connect to the
online **Hope for
Wellness** chat

Experienced and culturally sensitive counsellors can help if you want to talk. Available in English and French to all Indigenous peoples across Canada. On request, telephone counselling is also available in Cree, Ojibway and Inuktitut.

We might feel stressed because we are worried about getting sick. You can protect yourself from COVID-19 by following advice from public health: stay home, wash your hands often, and don't touch your face.

Click these links to find more information on the following topics:



Remember

If you are drinking, follow [Canada's Low Risk Alcohol Drinking Guidelines](#)

Exposure to alcohol before birth can cause FASD.

Alcohol can affect every pregnancy.

It is safest not to drink alcohol if you are pregnant or trying to get pregnant.

Use birth control if you are not trying to get pregnant.

If you need help to stop drinking, get [support](#).