

Family:

**You Provide
A Safe Environment
for
Your
Loved Ones**

Protect Them from the Harms of Drugs!

**Expectant mothers who are struggling with drug addiction
need your help, not your judgement.**

**Watch for
sudden changes:**

- Mood swings or withdrawal
- Unexplained financial issues
- Skipping prenatal care
- Physical indicators
(marks, erratic sleep)

Play Your Part



Be her safe space
Listen without criticism



Remove obstacles
Clear triggers,
help with appointments,
support healthy habits



Learn together
Understand intervention
options and be
part of the solution



Seek support today

Contact the Singapore Anti-Narcotics Association
(SANA) on their website

In support of Inter-Ministry Committee on Drug Prevention for Youths



**MINISTRY OF HEALTH
SINGAPORE**