

Pregnant or thinking about becoming pregnant?

Avoiding alcohol is best for a safe pregnancy and a healthy baby.

Find out more about alcohol and pregnancy by visiting alcohol-focus-scotland.org.uk

#NoAlcoholNoRisk

**Worried about your own or someone else's drinking?
Drinkline can provide advice: 0800 731 4314
Mon-Fri, 9am to 9pm
Sat-Sun, 10am to 4pm**

