

Substance Use in Pregnancy and Parenting Service

(SUPPS)

Free help for you and your baby,
with no judgement.



Mid North Coast
Local Health District



How we help

SUPPS helps you reach your goals during pregnancy and parenting for up to two years after your baby is born.

We help you with:



Drug and alcohol treatment and reduce harm for mum and baby.



Connection to local help for pregnancy, mental health, child and family services, housing, and playgroups.



Home visits and transport to appointments.



Giving partners, parents and family members access support too.

Where can you find us?

We have services in Coffs Harbour, Kempsey, and Port Macquarie.

We also offer help in other places for counselling and support.

For help, call us.



1300 662 263

8am-4pm



1800 250 015

24/7 support line



Interpreter services available

The image on the front is posed by models.