

A pregnant woman with long brown hair, wearing a light blue t-shirt, is smiling and holding her belly. She is sitting on a wooden deck or porch, with a background of trees and a cloudy sky. The image has a comic book style with bold outlines and a color palette of blues, browns, and greens.

**STAY STRONG
AND HEALTHY
IT'S WORTH IT!**

**YOUR BABY'S LIFE
IT'S IN YOUR HANDS**





ANDY, WE GOT TO TALK... I DON'T KNOW WHAT TO SAY SO I'LL JUST SAY IT.

I'M PREGNANT.

MIAH NO WAY... I CAN'T BE A DAD. IT'S TOO SOON.



ANDY I CAN'T DO THIS ALONE.

I'M GOIN' TO DAVE'S, DON'T WAIT UP.



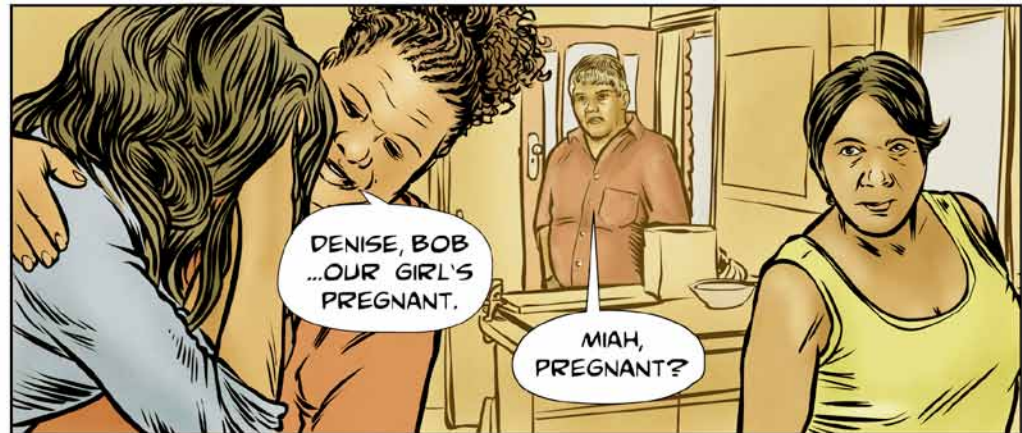
JODI, I'M PREGNANT. ANDY LEFT ME AND I'M FEELIN' LIKE IT'S THE END OF THE WORLD.

YOU GOTTA TELL YOUR MUM...OR AUNTY MAY. MIAH, COME ON, YOU CAN'T DO THIS ALONE.



AUNTY MAY, I HAVEN'T TOLD MUM OR DAD, BUT I'M PREGNANT.

I THOUGHT YOU MIGHT BE. YOU KNOW YOU CAN COUNT ON ME.



DENISE, BOB ...OUR GIRL'S PREGNANT.

MIAH, PREGNANT?



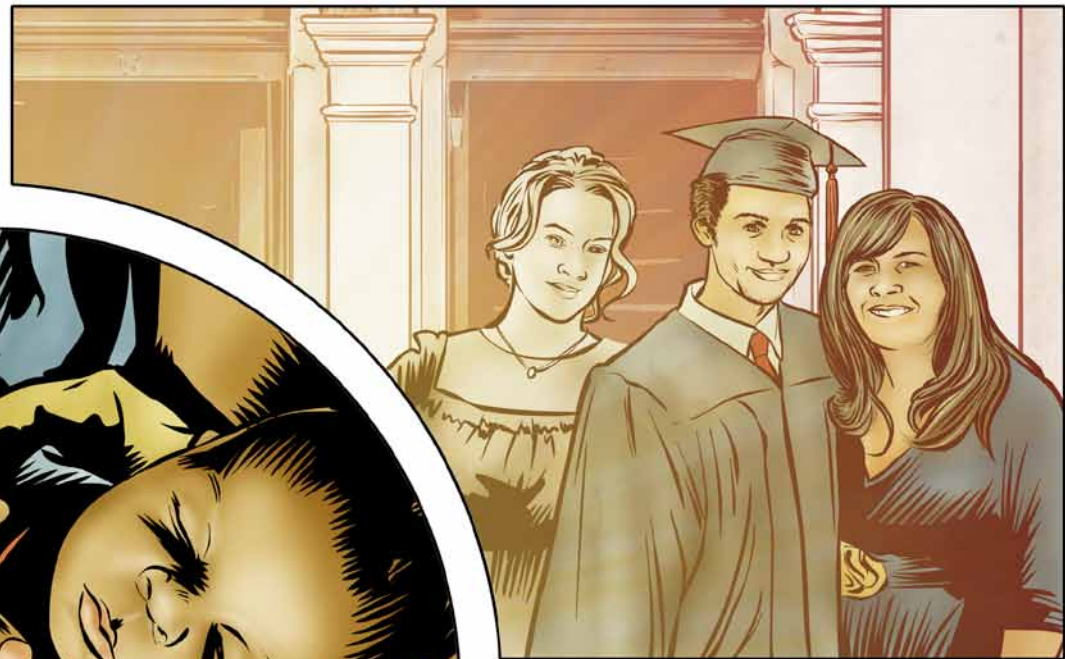
YOU GOTTA GIVE YOUR BABY A GOOD START - YOU SHOULD GO SEE THE NURSE AT THE CLINIC.

COME ON GIRL, DON'T CRY. WE'LL GET THROUGH.





"....REMEMBER MIAH,
YOUR BABY'S FUTURE
STARTS WITH YOU!"





MAIH, DO YOU WANT A BUNNY AND COKE?

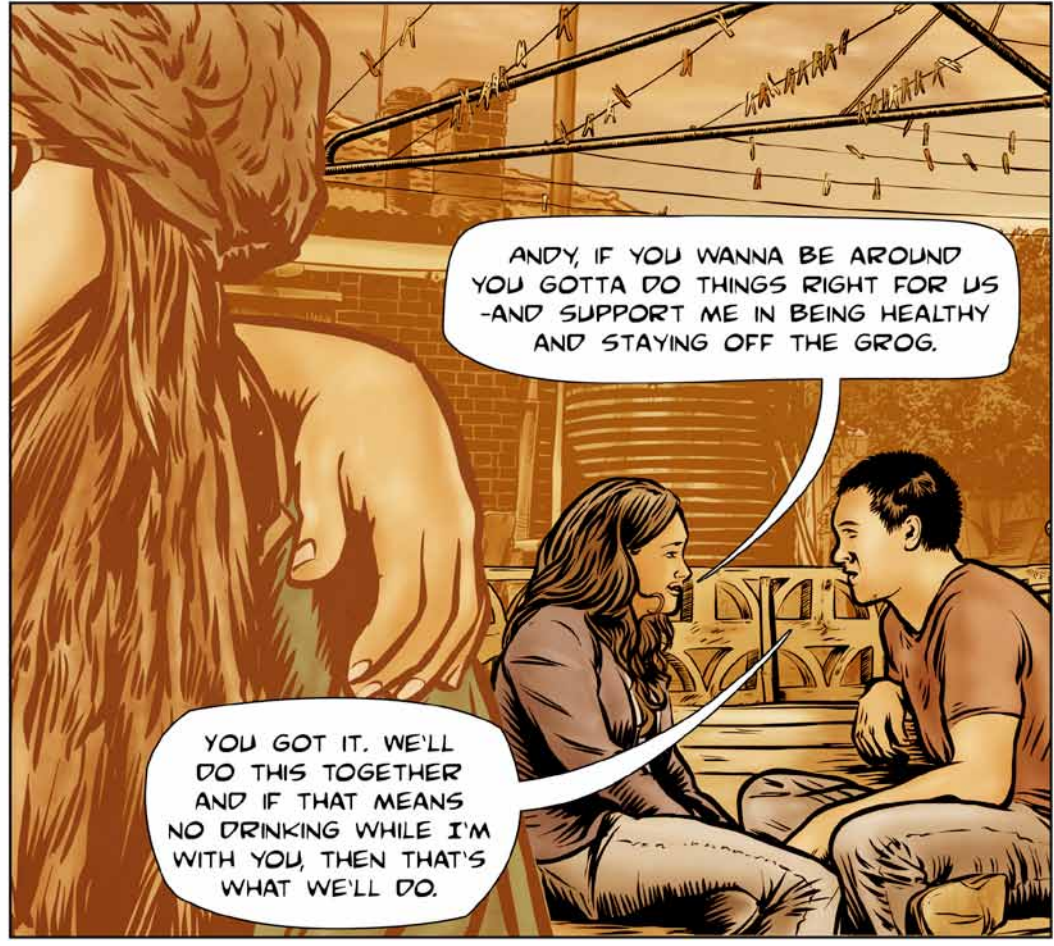
NO WAY JODI, I'VE GOT DREAMS FOR MY BABY AND I'VE GOT TO STAY HEALTHY.

MAIH, LOOK WHO'S JUST WALKED IN... ..IT'S ANDY.



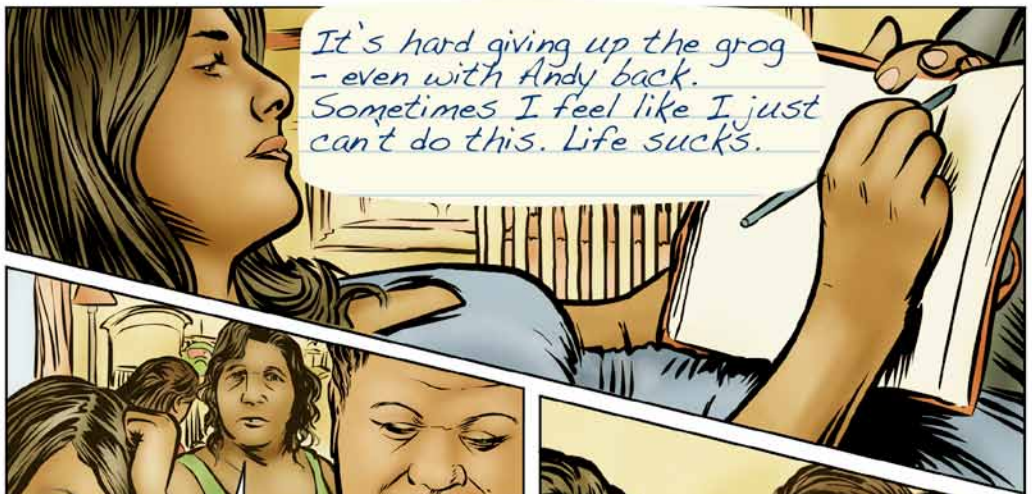
I HAVEN'T SEEN YOU FOR TWO MONTHS. WHY DO YOU THINK YOU CAN COME 'ROUND NOW?

'CAUSE I LOVE YOU AND I WANT TO BE THERE FOR YOU...AND OUR BABY.



ANDY, IF YOU WANNA BE AROUND YOU GOTTA DO THINGS RIGHT FOR US -AND SUPPORT ME IN BEING HEALTHY AND STAYING OFF THE GROG.

YOU GOT IT. WE'LL DO THIS TOGETHER AND IF THAT MEANS NO DRINKING WHILE I'M WITH YOU, THEN THAT'S WHAT WE'LL DO.



It's hard giving up the grog - even with Andy back. Sometimes I feel like I just can't do this. Life sucks.



YOU GONNA KEEP YOUR STUDIES UP AT TAFE, MAIH?

I DUNNO, MUM. IT'LL BE HARD WITH THE BUB.

COME ON, GIRL. YOU GOTTA PLAN FOR THE FUTURE NOW.



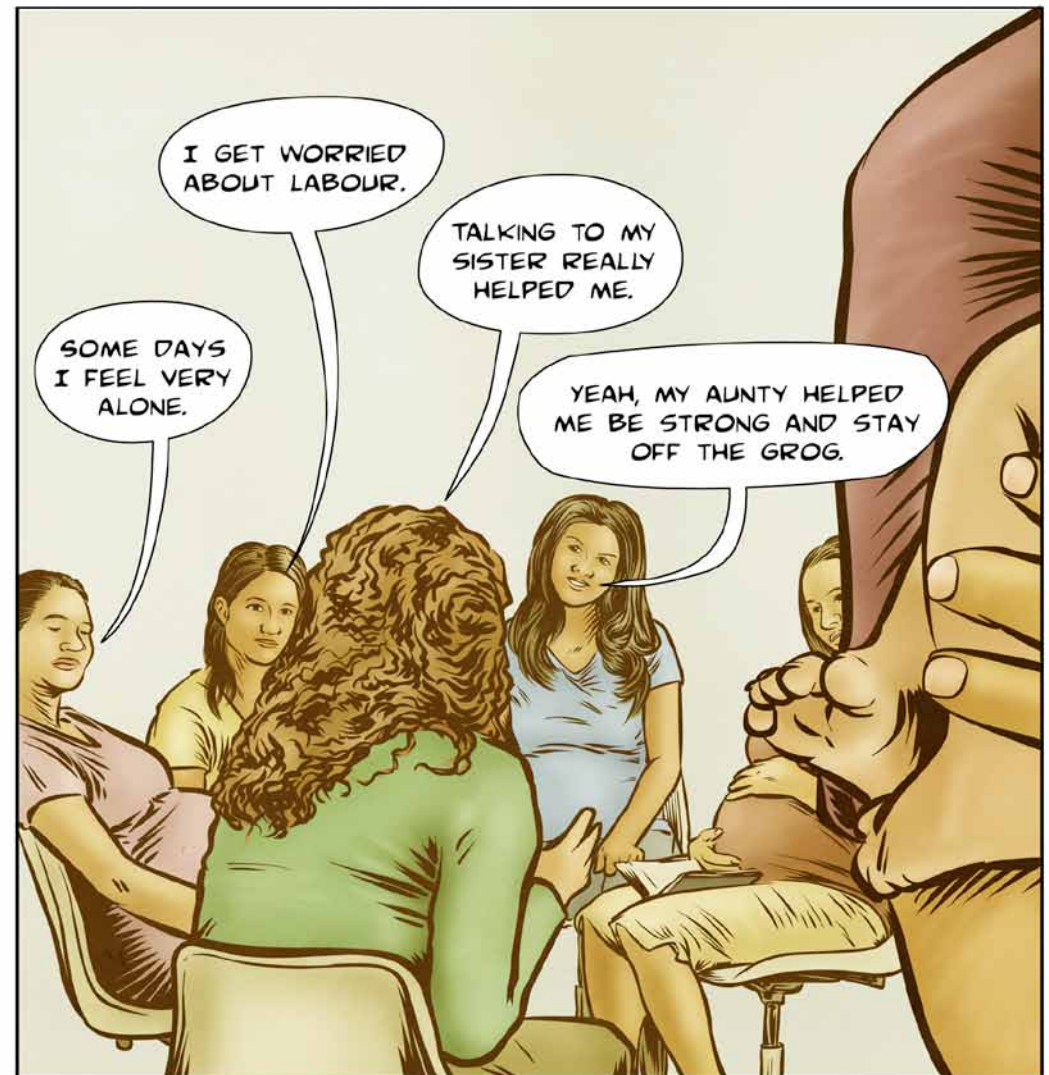
WE'LL HELP OUT WITH THE BUB. WE'LL DO IT AS A FAMILY.

GET OFF MY BACK. I JUST WANNA CHILL.



IT'S NORMAL TO FEEL A BIT DOWN, MAIH. YOU'VE GOT A LOT GOIN ON.

I RECKON YOU SHOULD TALK TO SOMEONE AT THE HEALTH SERVICE. I'VE HEARD THAT NEW COUNSELLOR JULIE IS GOOD FOR A YARN.





HEY MIAH, HOW YOU GOIN? YOU STILL OFF THE GROG?

YEAH, I'M DOIN' WELL...

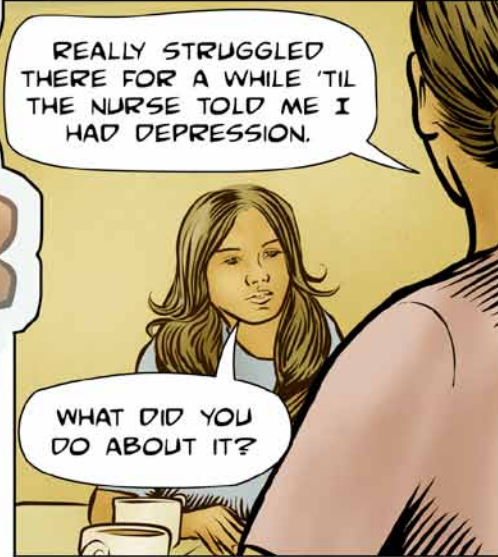
"EVERY TIME I FEEL LIKE A DRINK OR SMOKE I REMIND MYSELF THAT IT WILL GO INTO MY SYSTEM AND COULD HARM MY BABY."



HOW ABOUT YOU? YOU TRAVELLING OK?

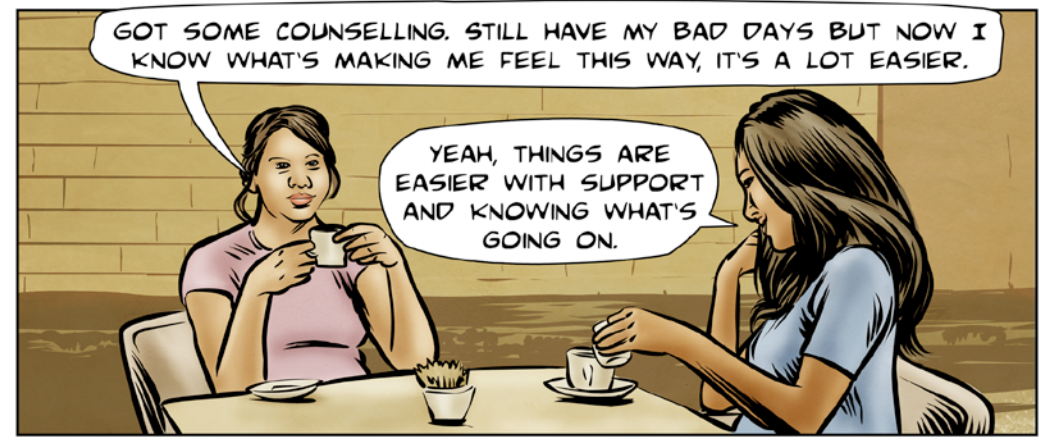
I'VE BEEN FEELING PRETTY LOW...

'SPECIALLY SINCE THE BUB'S DAD MOVED BACK TO SYDNEY.



REALLY STRUGGLED THERE FOR A WHILE 'TIL THE NURSE TOLD ME I HAD DEPRESSION.

WHAT DID YOU DO ABOUT IT?



GOT SOME COUNSELLING. STILL HAVE MY BAD DAYS BUT NOW I KNOW WHAT'S MAKING ME FEEL THIS WAY, IT'S A LOT EASIER.

YEAH, THINGS ARE EASIER WITH SUPPORT AND KNOWING WHAT'S GOING ON.



Got a handle on this pregnancy thing. All you sista girls out there... my advice is to find out all you can about having a bub. And see your maternal health worker. They really can help.]

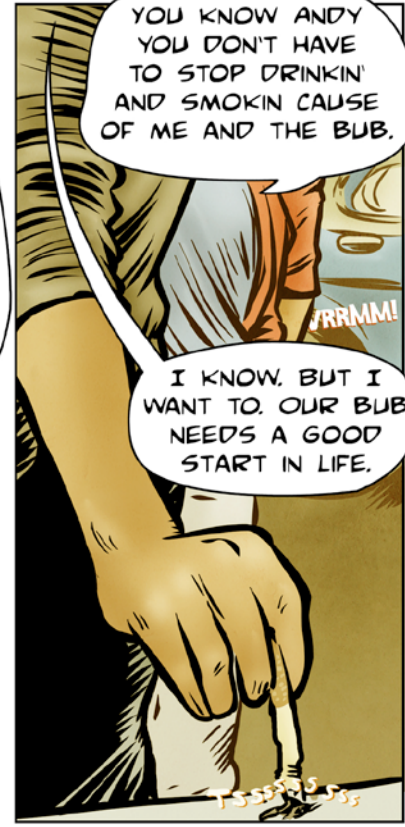


YOU WANNA GO FOR A BEER OR TWO EH, ANDY?

UH, NOT TONIGHT BROTHER. GOT MIAH AND THE BUB TO THINK ABOUT NOW.

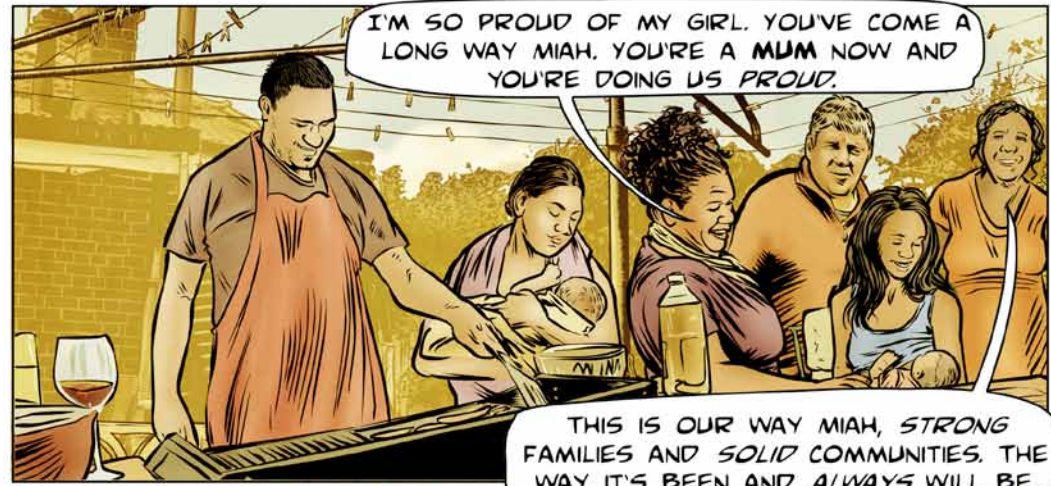
YOU'RE KIDDIN. ONE BEER'S NOT GUNNA HURT ANYONE.

I SAID NO, MATE, BUT HEY, YOU GO FOR IT.



YOU KNOW ANDY YOU DON'T HAVE TO STOP DRINKIN' AND SMOKIN CAUSE OF ME AND THE BUB.

I KNOW. BUT I WANT TO. OUR BUB NEEDS A GOOD START IN LIFE.



**STAY STRONG
AND HEALTHY
IT'S WORTH IT!**

CONTACT YOUR LOCAL ABORIGINAL MATERNAL INFANT HEALTH SERVICE

Walgett	6828 1611
Dubbo	6363 8017
Mt Druitt	9845 7379
Coffs Harbour	6588 2959
Gosford	4325 9200
Shellharbour	4295 2417
Wagga Wagga	6058 1732
Griffith (outreach to Narrandera)	6966 9900
Taree	6767 8113
Broken Hill (outreach to Wilcannia)	08 8082 9889
Macarthur, Narellan	9828 6045

For more Aboriginal Maternal Infant Health Services go to Facebook *

FIND YOUR LOCAL ABORIGINAL MEDICAL SERVICE

Contact the Aboriginal Health & Medical Research Council website
www.ahmrc.org.au – click on the 'Members' link.

**FOR CONFIDENTIAL SUPPORT, INFORMATION OR ADVICE ABOUT
ALCOHOL AND DRUGS**

You can call ADIS 24 hours a day, 7 days a week
Alcohol Drug Information Service (ADIS) NSW
Telephone: **9361 8000** (Sydney)
or free call: **1800 422 599**
(for NSW regional and rural callers)

If you are feeling down
call the PANDA (Perinatal and Antenatal Depression
Association) helpline
on **1300 726 306** 9am to 7pm
Monday to Friday
or call Lifeline on **131 114** after hours

** Go to Facebook
and type in
Stay strong and healthy
for health hints, local
services and more.*

Your local service



Health

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