

Drinking in pregnancy?

Breathe deeply. Try not to panic. Most likely, things will be okay. No one can know at this point if your child has been affected. Avoid alcohol if you can.

The sooner you stop, the better. If you need support to quit, there is help.

Reach out

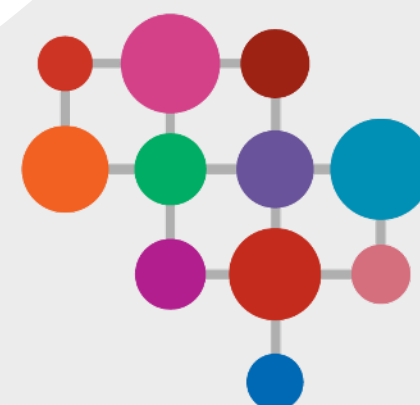
- **AA:** www.alcoholics-anonymous.org.uk
- **Birth Companions:** [/www.birthcompanions.org.uk](http://www.birthcompanions.org.uk)
- **Soberistas:** www.soberistas.com
- **Local drug and alcohol services**
- **Local mental health services**
- **Samaritans:** www.samaritans.org or call 116 123

You're not alone

- National Organisation for FASD:
www.nationalfasd.org.uk
- FASD UK Alliance: www.fasd-uk.net

#FASD

Foetal Alcohol Spectrum Disorders are caused by exposure to alcohol in the womb. It is more common than you think. Early diagnosis and support can change lives.



NATIONAL
ORGANISATION
— F O R —
FASD

www.nationalfasd.org.uk