

Easy Read

The Fonagy Review

A report about mental health, ADHD and autism

What it means for people with FASD

From National FASD. October 2026.



About this document

This document is from **National FASD**.

We are a charity. We help people with FASD and their families.

FASD stands for **Fetal Alcohol Spectrum Disorder**.

FASD can happen when a baby is exposed to alcohol before it is born. FASD affects the brain. It lasts all through life.



A new report

The Government asked a group of experts to look at **mental health**, **ADHD** and **autism**.

Mental health means how we think and feel.

The experts wrote a report. It came out on **9 October 2026**.

It is called the **Fonagy Review**. This is because it was led by **Professor Peter Fonagy**.

The report is very long. It has **599 pages**.



What is missing

The Fonagy Review talks about autism and ADHD hundreds of times.

It does **not** talk about FASD. Not even once.

This is not fair.

More than **9 out of 10** people with FASD have mental health difficulties. So FASD should be in the report.



We told them about FASD

In January we wrote to the experts.

We asked to meet them. We offered to bring people with FASD and their families.

They did **not** meet us.



What happens next

The Government will now write a **plan** about mental health.

This plan is called a **Mental Health Strategy**.

We want **FASD to be named** in this plan.



What we are doing

We have written a **statement**. It says we are very disappointed that FASD was left out.

We are writing to **lots of people who make decisions**. These include MPs, members of the House of Lords and Government ministers.

We are asking them to make sure FASD is in the new plan.



Listening to people with FASD

We are asking decision makers to talk to **FASD experts**.

We are also asking them to listen to **people with FASD and their families**.

You are the experts in your own lives.



You can still get help

This report does **not** take away your right to get help.

If you are struggling with your mental health, you can still ask for help.

You do not have to wait. Your feelings matter.



Where to get help

Talk to your doctor (your **GP**).

Call **NHS 111** and choose the **mental health** option.

Call **Samaritans** on **116 123** to talk to someone.

If you are under 19, call **Childline** on **0800 1111**.

If someone's life is in danger, call **999**.



Find out more

Read our statement on our website:

nationalfasd.org.uk/mental-health-adhd-autism-review-ignores-fasd

Thank you for reading.