

Pregnant people

Ask

Ask all pregnant people if they currently drink alcohol

Referral for Counselling

Offer or refer people to counselling services and other resources

A

B

C

Brief advice

There is no safe level of any type of alcohol during any stage of pregnancy

Brief advice for pregnant people

- 1 There is no safe level of alcohol use at any stage of pregnancy.
- 2 Drinking alcohol while pregnant can cause a baby to be born with Fetal Alcohol Spectrum Disorder (FASD). FASD is a neurodevelopmental condition and is a lifelong disability.
- 3 It's never too late to stop drinking alcohol. This will increase the chance that baby is healthy.

Support pregnant people to talk to their family doctor or midwife, or free call Alcohol Drug Helpline on **0800 787 797** or **text 8681** anytime for a confidential conversation.