

# Where to get help

If you or someone you know needs help with drinking, please call, email or drop in to see someone at any of the following services.

## Bloodwood Tree Association

**P** | (08) 9138 3000

**W** | [www.bloodwoodtree.org.au](http://www.bloodwoodtree.org.au)

**A** | 19 Hamilton Rd, South Hedland

## Pilbara Aboriginal Drug and Alcohol Program (PADAP)

**P** | (08) 9174 1240

**W** | [www.health.wa.gov.au/services/detail.cfm?Unit\\_ID=2557](http://www.health.wa.gov.au/services/detail.cfm?Unit_ID=2557)

**A** | Hedland Health Campus,  
Colebatch Way South Hedland

## Wirraka Maya Health Services

**P** | (08) 9172 0444

**W** | [www.wmhasac.com](http://www.wmhasac.com)

**A** | 17 Hamilton Road, South Hedland

## Yaandina Family Services –

### Turner River Rehabilitation Centre

**P** | (08) 9172 4490

**W** | [www.yaandina.org.au](http://www.yaandina.org.au)

**A** | 51 Hampton Street, Roebourne

## Mission Australia Pilbara Community Alcohol and Drug Service

**P** | (08) 9174 4802

**W** | [sd.missionaustralia.com.au/378-pilbara-community-alcohol-and-drug-service-south-hedland-office](http://sd.missionaustralia.com.au/378-pilbara-community-alcohol-and-drug-service-south-hedland-office)

**A** | 3/7 Tonkin Street, South Hedland

# About us

The Telethon Kids Institute is working with Wirraka Maya Health Services and BHP Billiton to help make FASD History in the Pilbara. Our team is working with the community to find ways to:

- Stop kids being born with FASD
- Diagnose kids who might have FASD
- Support kids and families affected by FASD



If you'd like to know more about the project:

**Email:** [PilbaraFASD@telethonkids.org.au](mailto:PilbaraFASD@telethonkids.org.au)

**Call:** Dave Tucker | 0422 440 724  
Roz Walker | 0427 011 023

## WARAJANGA MARNTI WARRARNJA TOGETHER WE WALK ON COUNTRY



*in partnership with the Hedland FASD Network and acknowledging the contribution and guidance of the Hedland FASD Community Reference Group*

# No Gurry (grog) for Healthy Babies: Alcohol and Pregnancy

**Having alcohol at any time during your pregnancy can hurt your baby**



# What is FASD?

## FETAL ALCOHOL SPECTRUM DISORDER (FASD)

is caused by drinking alcohol during pregnancy. It can affect the development of a baby's brain and body in different ways. Drinking during pregnancy can make some kids:



Be born small and grow slow



Have trouble at school



Not remember things



Have trouble hearing and speaking



Have a short temper

These troubles are sometimes called **FASD**.

# FASD stays with kids their whole life

but together we can



Help **kids** with FASD



Help **families support kids** with FASD



Work with **schools and services** to support families and kids with FASD

Stop **kids** getting FASD

Help **mums and dads** not to drink during pregnancy



# How can you help make FASD History?



# To keep your family strong and stop FASD:



Avoid **grog** if you're trying to get pregnant or think that you might be pregnant

Support your friends and family not to drink if they are pregnant



**Blokes** – support your women by not drinking around them while they're pregnant