

# 10 Helpful Things *you need to know* if you have FASD

## *Advice from people with FASD...*

1. You will be okay.
2. FASD is not your fault. Your mom loved you and is sorry that her drinking hurt you.
3. FASD is different for everyone. Find out what FASD means for you.
4. You are not stupid. There's a reason why things can be hard.
5. You have lots of strengths. Find out what you are good at.
6. Do not Google FASD. Ask someone you trust when you have questions.
7. Stick with people who know you and are kind to you. Meet other people with FASD.
8. Be patient when things are hard. There is lots you can do that will help.
9. It is okay if you are angry or upset. It will get better now that you can understand yourself better.
10. It is okay to ask for help. Everyone needs help.

*"I'm happy with my life now. Since I've had the assessment I understand myself better. It makes daily life a lot easier. I'm proud of myself today."*

– Steve, adult with FASD



## *Some things that might help are:*

- Meet other people with FASD and share ideas of what helps. Have a sense of humour about FASD.
- Find a healthy way to handle stress and emotions. Exercise and healthy food help both your body and your brain.
- Find a counsellor or someone else to talk to about what it means to have FASD.
- Write things down or draw them to help you remember.
- Take a break if you are overwhelmed. Ask people to stop talking or slow down if they are talking too much.
- Things like budgeting your money and cooking can be hard to learn. Ask someone to teach you.
- Bring someone with you to appointments where you need to remember (like a doctor or lawyer). The person can help.

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