

# CHECK OUT THESE TWO AMAZING PROGRAMS THAT SUPPORT HEALTHY PREGNANCIES



**FASD United**

*Family Navigator*



NIAAA ALCOHOL TREATMENT  
**NAVIGATOR**  
*Pointing the way to evidence-based care*



## What they do:

The FASD United Family Navigator program provides individuals living with fetal alcohol spectrum disorders (FASD), their family members, caregivers and supporters with expert, confidential support and referrals.

## Who they help:

Our Navigators serve members of the FASD community and anyone in need of one-on-one peer support, referrals to resources and services, information about prenatal alcohol exposure, or with a question about any facet of FASD.

## How to access services:

A FASD Family Navigator can be reached from 9am-10pm Eastern Time, Monday-Friday via phone at **800-666-6327** or by completing the form on our website under the Family Navigator page under "Help and Information" section.

## What they do:

The Navigator helps people find alcohol treatment through step-by-step processes. The NIAAA is the lead U.S. research agency studying the causes, outcomes, prevention, and treatment of alcohol-related problems.

## Who they help:

The Navigator will steer you or an adult loved one toward evidence-based treatment, which applies knowledge gained through decades of carefully designed scientific research.

## How to access services:

The Navigator's 3-step "road map" offers expert guidance to focus and support your efforts. Go to [AlcoholTreatment.niaaa.nih.gov](http://AlcoholTreatment.niaaa.nih.gov) and look at the "How to Find Quality Alcohol Treatment" section.