

SECTION 4

MENTAL HEALTH & FASD

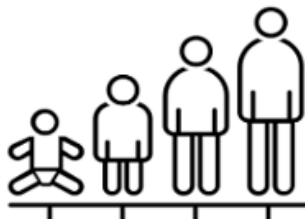
Mental Health: *Mental wellbeing is more than just the absence of a mental health diagnosis or disorder; it includes quality of life and wellness*

WHY FASD-INFORMED MENTAL HEALTH SUPPORT IS IMPORTANT

HIGHER RATES OF
MENTAL HEALTH
CHALLENGES IN FASD
POPULATIONS



WITHOUT APPROPRIATE
SUPPORT CHALLENGES CAN
PERSIST ACROSS THE
LIFESPAN



NO SUPPORT MAY
CONTRIBUTE TO
ADVERSE OUTCOMES
& CHALLENGES



THERAPY, MENTAL HEALTH SUPPORTS, & FASD

- There is a lack of evidence-informed therapeutic approaches for people with FASD
- People with FASD can benefit from mental health interventions, especially when tailored and adapted to people's unique challenges and needs
- There are important contextual factors to consider that may play a role in a person's functioning:
 - Disrupted attachment
 - Differences in sexual development and health
 - Challenges with independence across the lifespan
 - Experiences of stigma, trauma, grief, and loss
- Unique and interconnected biopsychosocial vulnerabilities associated with FASD can increase the risk of negative outcomes (e.g., elevated risk for suicide)
- Safety planning is important