# 2021 LEARN MORE ABOUT ALCOHOL

## Learn more about alcohol

The less alcohol you drink, the healthier you can be. Cutting back on alcohol can improve your mood and sleep, increase your energy and concentration, boost your immunity, save you money and reduce your risk of long-term health problems.

[Alcohol and health](https://fare.org.au/resources/alcohol-effects/)

[Supporting others](https://fare.org.au/resources/supporting-others/)

[Tips and tools](https://fare.org.au/resources/tips-and-tools/)

[Support resources](https://fare.org.au/resources/support/)