# Alcohol and your health

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### Alcohol and your body

Find out the many short- and long-term health benefits of cutting back on alcohol.

[Learn more](https://fare.org.au/resources/alcohol-health-impacts/alcohol-and-body/)

### Alcohol and cancer

Alcohol is classified as a Group 1 carcinogen and is linked to at least seven kinds of cancer.

[Learn more](https://fare.org.au/resources/alcohol-health-impacts/alcohol-and-cancer/)

### Alcohol and mental health

Alcohol can contribute to the development or worsening of mental health concerns.

[Learn more](https://fare.org.au/resources/alcohol-health-impacts/alcohol-mental-health/)

### Alcohol and pregnancy

Make the moment you start trying for a baby the moment to stop drinking alcohol.

[Learn more](https://fare.org.au/resources/alcohol-health-impacts/alcohol-and-pregnancy/)

### Alcohol and breastfeeding

Why avoiding alcohol can set your baby up for the healthiest start to life.

[Learn more](https://fare.org.au/resources/alcohol-health-impacts/alcohol-and-breastfeeding/)

### Fetal Alcohol Spectrum Disorder (FASD)

FASD is the leading preventable developmental disability in Australia.

[Learn more](https://fare.org.au/resources/alcohol-health-impacts/fasd-fetal-alcohol-spectrum-disorder/)

More information



## Need advice or support?

To find a local GP, you can call 1800 022 222 or visit [healthdirect.gov.au](http://healthdirect.gov.au). To find a local psychologist, visit [psychology.org.au/find-a-psychologist](http://psychology.org.au/find-a-psychologist). If you need other support to reduce your drinking, you can contact the National Alcohol and Other Drug Hotline on 1800 250 015.

## Join our community

Will you join the community taking action on alcohol?