# Health education

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Through our projects, FARE ensures Australians have access to honest, accurate information to prevent and minimise alcohol harm in their lives and communities. We aim to engage people across the country in a conversation about the health benefits of reducing drinking.

## Learn more about alcohol

[Resource library](https://fare.org.au/resources/alcohol-resource-library/)

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

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

### [Reducing your risk](https://fare.org.au/resources/reducing-your-risk/)

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### [Cutting back](https://fare.org.au/resources/cutting-back-alcohol/)

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### [Talking about alcohol](https://fare.org.au/resources/supporting-someone-alcohol-use/)

[Learn more](https://fare.org.au/resources/supporting-someone-alcohol-use/)

### [Getting help](https://fare.org.au/resources/alcohol-support-services/)

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* [Support services](https://fare.org.au/resources/alcohol-support-services/)

## Join our community

Will you join the community taking action on alcohol?