# Reducing your risk

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### What are the Australian Alcohol Guidelines?

Understanding the Guidelines can help you make informed decisions about the amount you drink.

[Learn more](https://fare.org.au/resources/reducing-your-risk/australian-alcohol-guidelines/)

### What is a standard drink?

A serving of alcohol is often more than one standard drink. Learn how standard drinks are measured with our online calculator.

[Learn more](https://fare.org.au/resources/reducing-your-risk/standard-drink-alcohol/)

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?