# Resources & support

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## The less alcohol you drink, the healthier you can be

Cutting back on the amount of alcohol you drink can benefit your mind and body in many ways. It can not only help reduce your risk of long-term health problems such as cancer, heart disease and stroke but you’ll see short term benefits too such as improved mood and decreased anxiety, increased energy levels, better concentration and it can be easier to maintain a healthy weight.

Learn more about how alcohol affects your health, the benefits of cutting back, and how you can take steps to reduce the risks from alcohol and support yourself, your friends and family.

[How alcohol affects your health](https://fare.org.au/resources/alcohol-effects/)

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

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

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

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## Join our community

Will you join the community taking action on alcohol?