# Resources and support

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

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

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

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

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

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

## Get the facts

### Take steps for your health and wellbeing

Drinking less, or not at all, is a positive health decision you can make. It can benefit your body and mind in many ways.

Cutting back or cutting out alcohol reduces your risk of long-term health problems such as cancer, heart disease and stroke.

[Your body](https://fare.org.au/resources/alcohol-health-impacts/alcohol-and-body/) [Cancer](https://fare.org.au/resources/alcohol-health-impacts/alcohol-and-cancer/) [Mental Health](https://fare.org.au/resources/alcohol-health-impacts/alcohol-mental-health/) [Pregnancy](https://fare.org.au/resources/alcohol-health-impacts/alcohol-and-pregnancy/) [Breastfeeding](https://fare.org.au/resources/alcohol-health-impacts/alcohol-and-breastfeeding/) [Fetal Alcohol Spectrum Disorder](https://fare.org.au/resources/alcohol-health-impacts/fasd-fetal-alcohol-spectrum-disorder/)

## Make a change

[Australian Alcohol Guidelines](https://fare.org.au/resources/reducing-your-risk/australian-alcohol-guidelines/) [Standard Drink Calculator](https://fare.org.au/resources/reducing-your-risk/standard-drink-alcohol/#calculator)

### Reducing your risk

Making even small changes to your drinking patterns can help reduce the risk of developing a range of alcohol-caused illnesses and conditions.

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

### Cutting back

Cutting back on the amount of alcohol you drink, or stopping entirely, can benefit both your body and mind.

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

## 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?