# RIPPLE bottom menu

## How alcohol affects your health

[READ MORE](https://fare.org.au/ripple/how-alcohol-affects-your-health/)

## Benefits of cutting back alcohol

[READ MORE](https://fare.org.au/ripple/benefits-of-cutting-back-alcohol)

## Invisible influences on your drinking

[READ MORE](https://fare.org.au/ripple/invisible-influences-on-your-drinking)

## Practical tips

[READ MORE](https://fare.org.au/ripple/practical-tips)

## Need more support?

[READ MORE](https://fare.org.au/ripple/need-more-support)