# Talking about alcohol

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### How to talk to someone about their alcohol use

Having an open, honest and stigma-free conversation around alcohol use is key.

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

### Talking to children and young people about alcohol

Family remains the strongest influence on decisions children make around alcohol - it's never too early, or late, to start a conversation.

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

### How others helped their loved ones tackle alcohol use

Be inspired by the stories of Australians who have helped those closest to them navigate issues around alcohol.

[Learn more](https://staging.wph.org.au/resources/supporting-someone/young-people/)

We provide some tips and tools on our website to help people cut back on alcohol. It might help to read through these strategies before talking to your friend or loved one.

[Tips and tools to help](https://staging.wph.org.au/resources/cutting-back/tools-that-can-help/)

There are also a range of services available that can help support both of you.

[Finding help and support](https://staging.wph.org.au/resources/support/)

### Paige shares her family story

Just after her 30th birthday, Paige was faced with what would become a turning point for her family – speaking with her partner about his alcohol consumption.

An acquaintance reached out to speak with Paige about her partner’s drinking, and after reading through advice online she was able to have the conversation with her partner, set new boundaries, and help him seek support.

Watch Paige’s story about how her family tackled 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?