# TOM page template

[](https://www.fare.org.au/tom)

## Did you know almost a Third Of Men in the ACT want to cut back on their drinking?

## Does this sound like you? Are you TOM?

TOM is an online campaign supporting men in the ACT to reduce their alcohol use.

Cutting back on your drinking can improve your mood and sleep, increase your energy, improve your relationships with loved ones, save you money and reduce your risk of health problems in the longer term.

This website provides tools and resources to help you to think about your alcohol use and cut back on your drinking.

The project is funded by ACT Health under the Health Promotion Grants program.

## Why men?

Men are more likely than women to drink alcohol at levels that place them at short-term and life-long risk of harm. There is also a low awareness among men of the [Australian Guidelines to reduce health risks from drinking alcohol](https://www.nhmrc.gov.au/health-advice/alcohol), with three in ten not aware that the Guidelines exist.

If you drink alcohol, aim to have at least 2 alcohol-free days a week, no more than 4 standard drinks a day and no more than 10 standard drinks a week.

The less alcohol you drink, the lower your risk of harm.

[Learn more](https://www.nhmrc.gov.au/health-advice/alcohol) about the Australian Guidelines to reduce health risks from drinking alcohol.

#### Follow Tom's story

[Read more](https://www.fare.org.au/tom/story)

#### Tools and information to help you cut back on your drinking

[Read more](https://www.fare.org.au/tom/tools)

#### TOM talks

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