# Voices of Change

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Alcohol affects individuals, families and communities every day through injury, violence, chronic diseases like cancer, mental ill-health, and disabilities like Fetal Alcohol Spectrum Disorder.

Sadly, people affected by alcohol are too often seen as numbers and statistics.

But at the heart are real people who have important stories and experiences. They are people we love and care about — our family members, our friends, and our community members.

When we are concerned about ourselves, or someone who is going through a difficult time because of alcohol, it can help to know we are not alone. Sharing stories is a valuable way to break down barriers and connect with each other.

## Latest stories from our community

Sharing our stories is a powerful way to break down barriers and connect with each other.

Our aim with Voices of Change is to share community stories that channel hope, urgency and solidarity – to create an environment that encourages people to reach out for support and help create change in their community.

[Click here to read more stories](https://fare.org.au/voicesofchange/stories/" \t "_blank)

## Submit your story

FARE has created an online space for these real-life experiences, where you can share your story, learn from others’ experiences, and also find resources and support.

Our aim is to use these stories, with your permission, to channel hope, urgency and solidarity, and build an environment that encourages people to reach out.

[Click here to submit your story](https://fare.org.au/voicesofchange/submit/)

## Donate

Australians deserve to have a say in the role that alcohol plays in their lives and communities.

At FARE, we want to amplify community voices about the impact of alcohol, to make sure people are put first when it comes to decisions that affect their health.

With your support, local advocates and grassroots organisations can create the change they want to see in their communities.

## Join our community

Will you join the community taking action on alcohol?