# Resource library

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#### Information sheets

Alcohol can reduce inhibitions and lead to behaviour you might later regret, such as gambling or excessive online purchasing, which makes financial problems worse.

If you, a friend, or a family member need financial support there are services you can turn to. For financial advice visit the [National Debt Helpline](https://ndh.org.au/) or call 1800 007 007. For gambling advice visit [Gambling Help Online](https://www.gamblinghelponline.org.au/) or call 1800 858 858.

Alcohol and cancer

[Download fact sheet](https://fare.org.au/wp-content/uploads/FARE-Fact-Sheet-Alcohol-and-cancer.pdf)

Alcohol guidelines

[Download fact sheet](https://fare.org.au/wp-content/uploads/FARE-Fact-Sheet-Alcohol-guidelines.pdf)

Cutting back on alcohol

[Download fact sheet](https://fare.org.au/wp-content/uploads/FARE-Fact-Sheet-Cutting-back-on-alcohol.pdf)

Are you concerned about your drinking?

[Download fact sheet](https://fare.org.au/wp-content/uploads/FARE-Fact-Sheet-Are-you-concerned-about-your-drinking.pdf)

Keeping track of standard drinks

[Download fact sheet](https://fare.org.au/wp-content/uploads/FARE-Fact-Sheet-Keeping-track-of-standard-drinks.pdf)

Alcohol support services

[Download fact sheet](https://fare.org.au/wp-content/uploads/FARE-Fact-Sheet-Alcohol-support-services.pdf)

[How alcohol affects your healthRead more](https://fare.org.au/resources/how-alcohol-affects-your-health/) [Tips and tools for cutting backRead more](https://fare.org.au/resources/tips-and-tools/) [Support resourcesRead more](https://fare.org.au/support/) [Return homeRead more](https://fare.org.au/resources/)

## Join our community

Will you join the community taking action on alcohol?