# Alcohol and your health

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## The health effects of alcohol

In Australia there are an estimated 123,456 dependent drinkers. Only 12% are receiving treatment.

Learn more about how alcohol affects your short and long-term health, get the facts about alcohol and pregnancy including breastfeeding, and find out more about alcohol, children and young people.

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What you can say if asked why you're not drinking

I'm not ready to share I'm happy to tell people I'm not ready to share

**Try saying:**

I'm happy to tell people

**Try saying:**

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https://fare.org.au/wp-content/uploads/EMM-AD-30SEC.mp4

Related information

## Join our community

Will you join the community taking action on alcohol?