

Want support anytime, anywhere to reduce your drinking?



Drinks Meter is an easy to use app that provides **free, confidential and personalised** feedback that can help you cut back on your alcohol use. Drinks Meter is made up of five sections, each taking around 1 – 2 minutes to complete.

Features of the app include:



A calculator that converts your drinks into kilojoules/calories, compared with foods like cheeseburgers or chocolate bars



Personalised feedback based on your medical history (e.g. BMI, prescription medication, mental illness and addiction)



A diary to easily track how much alcohol you're drinking



Tools for alcohol reduction goal setting and reminders



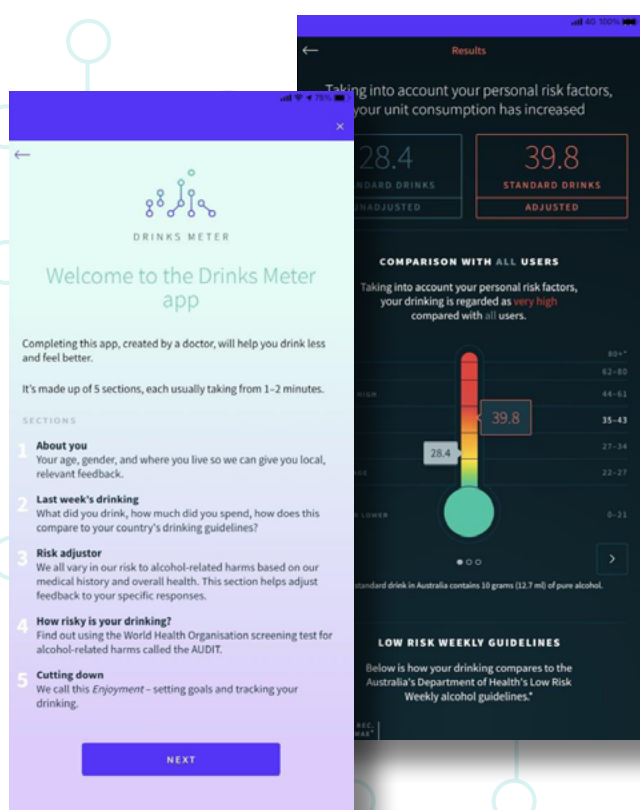
A money tracker that shows your weekly spend on alcohol and how much you've saved sticking with your goals



A comparison tool that measures your drinking habits with other Drinks Meter users and the national alcohol guidelines



Information on alcohol and other drug services and programs available in NSW



For more information about alcohol and other drugs visit yourroom.health.nsw.gov.au or call the **Alcohol and Drug Information Service 1 800 250 015**



DRINKS METER

