

Ready to reduce your alcohol use?



DRINKS METER

[DRINKSMETER.HEALTH.NSW.GOV.AU](https://drinks-meter.health.nsw.gov.au)

Drinks Meter is a free app with no ads
or in-app purchases. Download it today.





There's an app for that

Drinks Meter is an easy to use app that provides free, confidential and personalised feedback that helps you cut back on your alcohol use.

The app features:



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



Tools for alcohol reduction goal setting and reminders



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



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



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
