

RETHINK YOUR DRINK



THE MOVEMENT AGAINST THE HARM OF ALCOHOL

WHAT IS OUR MAIN GOAL?

ABOUT US

Rethink Your Drink is an initiative aimed at supporting informed decisions about alcohol consumption.

Our main goal is to raise awareness of the harmful effects of alcohol and help people better understand the impact of alcohol on their health and lives.



THE 'SOBER CURIOUS' MOVEMENT

Welcome to the world of Sober Curious! This approach allows you to explore your relationship with alcohol without having to commit to abstinence. It's a conscious decision to stop and think about how alcohol affects your life – physically, emotionally and socially.



INTERVIEWS WITH EXPERTS

Interviews with specialists from various fields of health and science who share their experiences and expertise on the impact of alcohol on health.

Get valuable advice and information from professionals to help you better understand topics related to alcohol consumption and healthy lifestyles.



EDUCATION & AWARENESS

Professional articles focused on various aspects of alcohol consumption. Get verified information that will help you increase your health literacy and better understand the effect of alcohol on your body and lifestyle.



WHAT DO WE DO?

SUPPORT & HELP

Find all the important contacts in one place – Crisis Helpline, internet counseling for young people, Anonymous Alcoholics community

