

Alcohol and Mental Health

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Alcohol and mental health are closely linked

- Alcohol, being a depressant can affect and manipulate the neurotransmitters in the brain.
- These neurotransmitters in the brain are the chemical messengers in the brain that affect thoughts, feelings, and emotions.
- Slows down how the brain processes information
- Can ultimately influence behavior.

Alcohol and Mental Health

Mental and Emotional Instability caused by excessive alcohol use:

- Depression
- Suicidal thoughts
- Anxiety
- Psychosis

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Alcohol consumption can increase in an individual who already suffers from mental illness.

- Can increase symptoms of bi-polar disorder
- Personality disorders
- Paranoia

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Excessive alcohol use can cause long-term and irreversible damage:

- Alcohol uses up and reduces the number of neurotransmitters in our brains, that can ward off anxiety and depression.
- This can make a person want to drink more to relieve these difficult feelings which can start a cycle of dependence.
- It will worsen current mental health issues and increase the risk of destructive behavior.