

Session	Mental Health and Alcohol
Background Information	The relationship between alcohol and mental health is complex. Alcohol is sometimes used to try and help manage symptoms of anxiety and depression, but excessive drinking is likely to make those symptoms worse for people. Managing alcohol consumption and getting the right support are crucial to good mental health.
Aim	To raise awareness of the relationship that can exist between alcohol and mental health
Learning Outcomes	<p>Participants will be able to</p> <ol style="list-style-type: none"> 1. Discuss some of the commonly held misconceptions surrounding mental health and alcohol 2. Describe the effects alcohol can have on our mental health 3. Describe what signs to look out for when concerned about an individual's mental health when they are using alcohol? 4. List resources that can help support mental health and wellbeing and alcohol
Duration	<ul style="list-style-type: none"> • 1.5 hours
Resources	<ul style="list-style-type: none"> • IT • Presentation • Flipchart/pens • Session handouts • Reflective practice tool

Learning outcomes	Participant Activity	Resources	Time
1. Discuss some of the commonly held misconceptions surrounding mental health and alcohol	<ul style="list-style-type: none"> • Quiz 	Quiz handout	10 min
2. Describe the effects alcohol can have on our mental health	<ul style="list-style-type: none"> • Effects of alcohol on mental health 	Slide Flipchart/pens	15 min
3. Describe what signs to look out for when concerned about an individual's mental health when they are using alcohol	<ul style="list-style-type: none"> • What to look out for 	Slide Flipchart/pens	15 min
4. List resources that can help support mental health and wellbeing and alcohol	<ul style="list-style-type: none"> • What do people need? 	Slide Resources handout	15 min
5. Looking after our own mental health	<ul style="list-style-type: none"> • Self-care 	Slide	5 min
6. Reflection and session close	<ul style="list-style-type: none"> • Reflection 	Reflective practice tool/evaluation	5 min