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Mental Health & Alcohol

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- •The relationship between mental health and alcohol?
- The statistics
- What are the effects of alcohol on mental health?
- What to look out for?
- Supports
- Looking after yourself



Alcohol and Mental Health

 Is there a relationship between mental health and alcohol?



Image sourced from: https://www.blanchardstowndrugstaskforce.ie/inde x.php/alcohol/mental-health

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- Approximately 1 in 4 people in UK will experience a mental health problem each year
- Mental health and substance use disorders are the third largest cause of death and disability in Scotland after cancer and cardio-vascular diseases
- 1 in 4 people (24%) drink at hazardous or harmful levels (defined as drinking more than 14 units per week).

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Statistics



- Drinking more than 14 units a week was reported by 32% of men and 16% of women
- Men drink an average of 15.5 units of alcohol a week, and women drink an average of 8.8 units a week
- 17% of people say they are non-drinkers
- Estimated that alcohol alone costs the Scottish economy £3.6 billion a year in health, social care, crime, productive capacity and wider costs

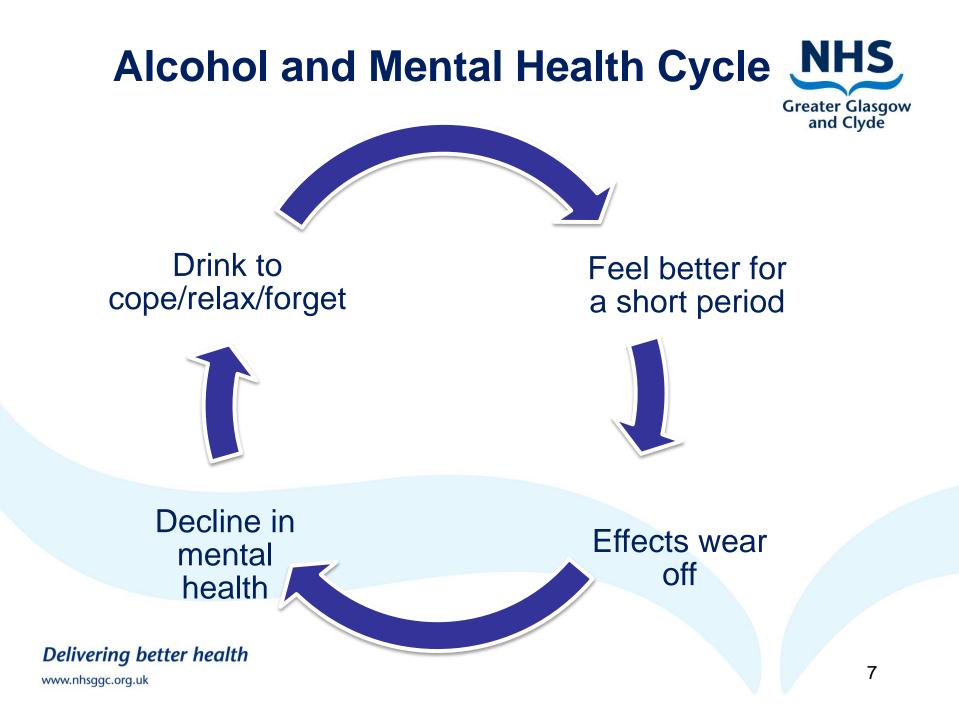


How can alcohol use affect mental health ?

- Anxiety
- Depression
- Suicidal Ideation
- Stress
- Poor concentration
- Loneliness/Isolation

- Relationship conflict
- Mood swings
- Panic attacks
- Difficulty regulating emotions
- Dependency

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What to look out for?



- Withdrawn
- Drinking more
- Feeling very low over a period of time
- Changes in personality
- Physical appearance

- Self harming behaviours
- Lack of interest in things they used to enjoy
- Changes in eating/ sleeping habits
- Social isolation

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Supports



Self Help

- Connect with a supportive trusted adult
- Peer Support Groups
- Sleep hygiene
- Diversionary activities
- Helplines

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Services

- Supports who specialise in alcohol and mental health issues
- Doctor
- Counselling (Mental Health or Alcohol service)
- Alcohol and Drug Recovery Services



Looking after yourself

Things I can do

.....by myselfwith others

People I can talk to.....

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