Alcohol and Mental Health Quiz

True or false statements (please circle)

1.Alcohol affects everyone in the same way	True/False
2.Drinking alcohol can help reduce stress and anxiety	True/False
3. There are strong links between alcohol use, self-harming behaviour, suicidal thoughts and completed suicides	True/False
4. Alcohol can interfere with medication	True/False
5. Drinking alcohol helps you sleep better	True/False

Adult Mental Health Quiz: Answers

1. Alcohol affect everyone in the same way	**False** Every person is different from the other, and therefore their alcohol effect also varies. Many things can affect the impact alcohol has on you, including what you have eaten, what mood you are in and how much sleep you've had. An individual's biological make up, body mass and weight also play a part.
2. Drinking alcohol can help reduce stress and anxiety	**False** The relationship between alcohol and mental health is complex. Alcohol is a depressant. A depressant is a chemical substance that makes the body's systems less active. Alcohol is sometimes used by people to manage symptoms of anxiety and depression, but excessive drinking is likely to make those symptoms worse. Overuse of alcohol and heavy drinking interferes with chemicals in the brain that are vital for good mental health.
3. There are strong links between alcohol misuse, self-harming behaviour, suicidal thoughts and completed suicides	**True** Alcohol can cause people to lose their inhibitions and behave impulsively, so it can lead to actions they might not otherwise have taken – including self-harm and even suicide.

4. Alcohol can interfere with medication	**True** Depending on what you take and your condition, alcohol can make some medication ineffective and could even lead to dangerous health consequences. You should always consult your doctor to find out if it is safe to drink alcohol when you are taking medication.
5. Drinking alcohol helps you sleep better	**False** Good sleep is important for our mental health. Drinking alcohol can disrupt the structure and duration of sleep states, alter the quality of sleep, and affect the time required to fall asleep. This can leave us feeling tired, sluggish, irritable and unable to concentrate the next day - no matter how long we stay in bed.