

ALCOHOL

CHANGE<sup>UK</sup>



Drinking to help  
you socialise  
and have fun?

Lots of us use alcohol as a way to boost our confidence. But this can be very short-lived. Long-term, drinking can worsen anxiety, depression and other mental health problems. Find out more about alcohol and how it can affect your mental health.

[www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

Alcohol Change UK is the operational name of Alcohol Research UK. Registered as a Charity No. 1140287  
Company Limited by Guarantee in England and Wales No. 7462605

ALCOHOL

CHANGE<sup>UK</sup>



Relying on a beer  
to help you relax at  
the end of a busy day?

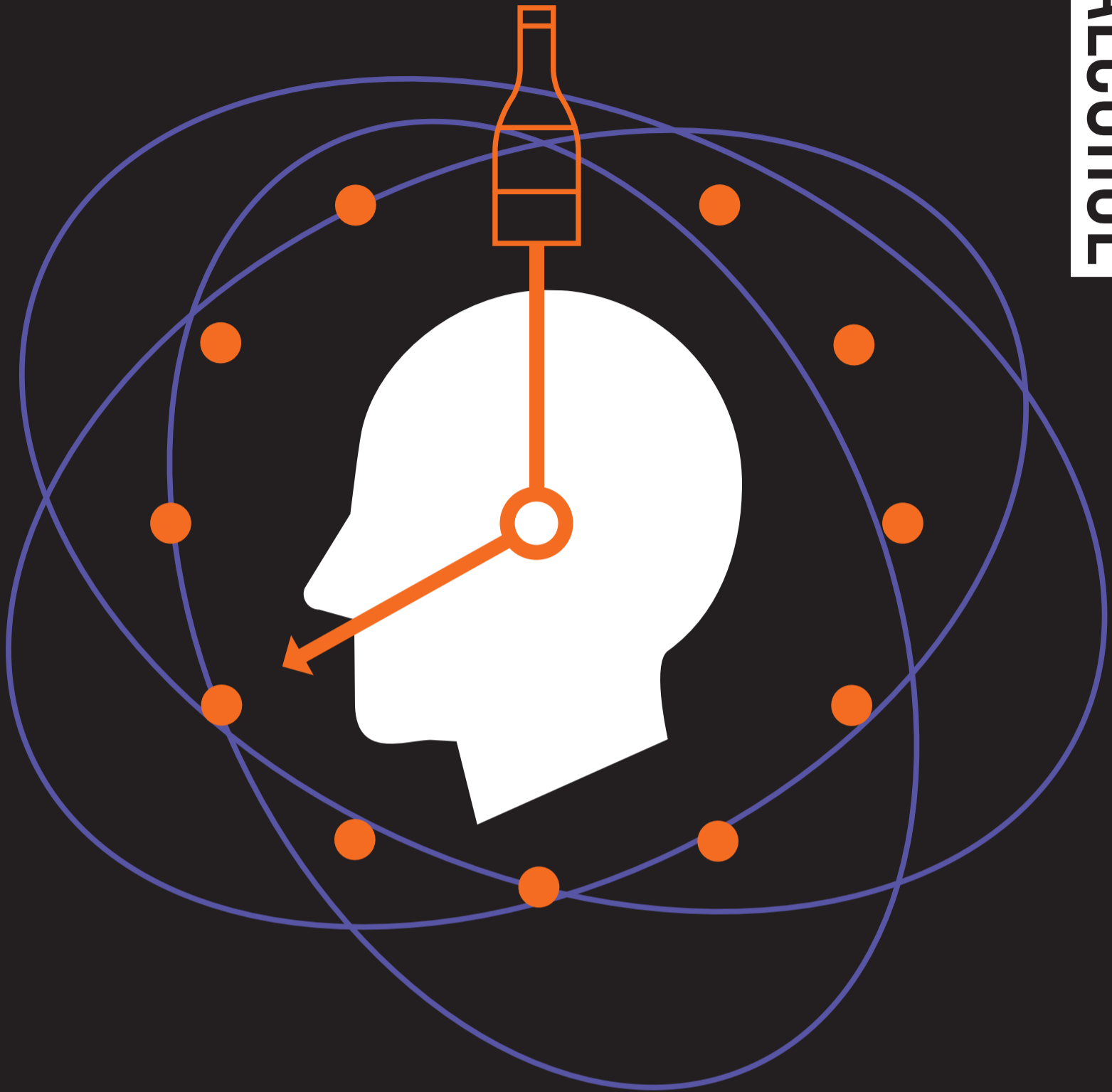
Many of us often feel that a drink seems like an ideal way to mark the start of 'me-time'. But alcohol can worsen stress, anxiety and other mental health problems. Find out more about alcohol and how it can affect your mental health.

[www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

Alcohol Change UK is the operational name of Alcohol Research UK. Registered as a Charity No. 1140287  
Company Limited by Guarantee in England and Wales No. 7462605

ALCOHOL

CHANGE<sup>UK</sup>



Wishing for  
wine o'clock so that  
you can unwind?

A drink often seems like an ideal way to mark the start of 'me-time'. But alcohol can also increase depression, anxiety and other mental health problems. Find out more about alcohol and how it can affect your mental health.

[www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

Alcohol Change UK is the operational name of Alcohol Research UK. Registered as a Charity No. 1140287  
Company Limited by Guarantee in England and Wales No. 7462605

ALCOHOL

CHANGE<sup>UK</sup>



Turning to  
alcohol to help  
you sleep?

Lots of us turn to alcohol thinking it might help us get to sleep. But alcohol will keep you from sleeping deeply, leaving you feeling worse the next morning. Find out more about alcohol and how it can affect your mental health.

[www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

Alcohol Change UK is the operational name of Alcohol Research UK. Registered as a Charity No. 1140287  
Company Limited by Guarantee in England and Wales No. 7462605

ALCOHOL

CHANGE<sup>UK</sup>



# Drinking when you're feeling low?

If you are drinking to help you cope, you will likely benefit from making some changes. Drinking alcohol may give you an initial boost. But it can also damage your health and worsen mental health problems such as anxiety, depression and more.

Talk to your GP or local alcohol service,  
and find out more on our website.

[www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

Alcohol Change UK is the operational name of Alcohol Research UK. Registered as a Charity No. 1140287  
Company Limited by Guarantee in England and Wales No. 7462605