

Alcohol and your mental health

ALCOHOL

CHANGE^{UK}

Did you know?

Around

1 in 5

of us say we're regularly drinking above the recommended drinking guidelines of 14 units a week.

Overuse of alcohol can lead to **low mood and anxiety** and can worsen the symptoms of other mental health problems.

How we're affected can depend on: **what we're drinking**, how much we drink, how long we drink for and our **mental state**.

Taking a break or **cutting down** on your drinking can improve your mental health.

Find out more about alcohol
www.alcoholchange.org.uk