

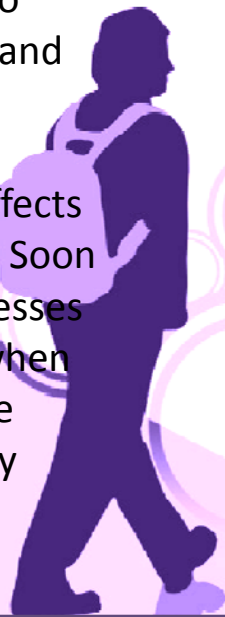
MIND YOUR HEAD



ALCOHOL AND MENTAL HEALTH

Drinking alcohol is linked to both anxiety and depression. A recent British survey found that people suffering from anxiety or depression were twice as likely to be heavy or problem drinkers. Alcohol has also been linked to self-harm, suicide and psychosis.

Apart from affecting your mental health, consuming alcohol also affects your memory and brain function. Soon after drinking alcohol, brain processes slow down. Some people, even when they no longer have alcohol in the bloodstream, are probably slightly 'slowed' mentally the next day.



FACTS AND FIGURES

- Self-harm and alcohol are often linked. In 2006, a survey was carried out in Scottish accident and emergency departments. It found that 62% of males and 50% of females reported consuming alcohol immediately before or while self-harming, and 27% of men and 19% of the women cited alcohol as the reason for self-harming.
- It has been estimated that alcohol plays a part in up to 65% of suicides in the UK.
- Extreme levels of drinking (e.g. more than 30 units per day for several weeks) can occasionally cause 'psychosis', a severe mental illness where hallucinations and delusions of persecution develop.