

ALCOHOL & MENTAL HEALTH



THE CONNECTION IS REAL.
THE IMPACT IS REAL.
LOOK AFTER YOUR HEAD.
LOOK AFTER YOUR GAME.



STRONG MINDS. STRONG BODIES.
STRONGER TOGETHER.



Alcohol and mental health have a complicated relationship. We often use one to manage the other, and act surprised when it makes things worse.

HOW ALCOHOL AFFECTS MENTAL HEALTH



SHORT-TERM

- It can temporarily reduce anxiety, stress, or emotional discomfort.
- It lowers inhibitions, which may make you feel more relaxed or confident.
- It can also increase impulsivity, aggression, emotional volatility, and poor decision-making.



LONG-TERM

Regular or heavy drinking is linked to:

- Increased risk of depression
- Worsening anxiety symptoms
- Sleep disruption, even when alcohol initially helps you fall asleep
- Reduced resilience to stress
- Problems with memory, concentration, and motivation
- Increased risk of self-harm and suicidal thoughts

WHY ALCOHOL CAN MAKE MENTAL HEALTH WORSE



Alcohol affects neurotransmitters such as GABA, dopamine, and serotonin. While drinking may provide temporary relief, the brain often compensates afterwards, leading to:

- ↓ Lower mood
- ↓ Greater anxiety ("hangxiety")
- ↓ Irritability
- ↓ Fatigue
- ↓ Stronger cravings for alcohol



This can create a cycle: drink to feel better, feel worse afterwards, drink again to escape those feelings.

ALCOHOL & MENTAL ILLNESS

People living with conditions such as:



Depression



Anxiety Disorder



Post-Traumatic Stress Disorder (PTSD)



Bipolar Disorder

may find that alcohol worsens symptoms, reduces the effectiveness of medication, and makes recovery more difficult.

WHEN ALCOHOL BECOMES A MENTAL HEALTH CONCERN



- Drinking to cope with emotions
- Needing more alcohol to get the same effect
- Feeling anxious, low, or irritable when not drinking
- Alcohol causing problems in relationships, work, or health
- Being unable to cut down despite wanting to

These can be signs of **Alcohol Use Disorder**.

WHAT HELPS



Reducing alcohol intake, even modestly, can improve mood, sleep, and anxiety levels.



Regular exercise, social connection, and good sleep habits have strong evidence for supporting mental wellbeing.



Psychological therapies such as CBT can help address both alcohol use and mental health challenges together.



Professional support is particularly important if alcohol is being used to cope with trauma, depression, or severe anxiety.

YOU DON'T HAVE TO FACE IT ALONE.
TALK. REACH OUT. WE'RE HERE.

On the pitch.
In the club.
In life.
We look out for each other.