



Alcohol and Mental Health



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

What is Alcohol?

Alcohol is a depressant drug that can change the way you think and reduces your ability to deal with difficulties. Alcohol can lower our mood and increase anxiety.

Alcohol can intensify feelings of being sleepy, drowsy or lightheaded.

Facts about Alcohol

- It is extremely addictive
- 80% of people in the UK drink Alcohol
- Alcohol is associated with 2.8 million deaths per year worldwide
- Alcohol can lower blood sugar levels

What part of the brain does Alcohol affect?



Alcohol affects parts of the brain which can negatively affect your mental health.

Thinking and Memory-

Alcohol relaxes this area and slows down the processing of information. It affects the ability to think clearly or make rational decisions

Life support Functions-

Alcohol induces sleepiness, lowers body temperature and slows down your breathing

Motivational Behaviour-

The pituitary gland regulates your hormones. Alcohol affects this along with your hunger, thirst behaviour and ability to deal with stress

Movement and Balance-

Alcohol controls your movement and balance resulting in being off balance when you drink too much

Signs to look out for

Long- term use can lead to dependence, addiction, debt, chronic disease, or other health related issues

Behaviour

- Regular change in mood
- Aggressive or agitated behaviours
- Withdrawing socially
- Making bad decisions
- Depression



Health

- Heart racing
- Ulcers
- High blood pressure
- Trembling hands
- Liver Problems

Social

- Arguments
- Bad relationships
- Work/School problems
- Regrets of things you have done

Where to get Help for Alcohol related issues

There are a wide range of early intervention, treatment and support services in place throughout Northern Ireland

Visit Drugs and Alcohol NI at:

www.drugsandalcoholni.info

and click on the 'Services Near You' section. You will find a range of search options to find what is most appropriate for you



"Addressing drugs and alcohol together"

Another useful website is Alcohol and you. It features a range of online information about alcohol as well as a number of alcohol tools in their 'Resource' section

www.alcoholandyouni.com



Getting Support

Lifeline is a 24hr help and counselling service. They can give you immediate support and information on local services.



You can:

- See your doctor
- Call the out of hours GP service
- Go to A&E department
- Call emergency services
- Text Shout 85258
- Call Samaritans on 116 123
- Don't let things build up; talk to people you love and trust.



"Only in the Darkness
can you see the stars"

Take 5 Steps for Wellbeing

The Take 5 Steps for wellbeing are an evidenced based way to promote mental health.



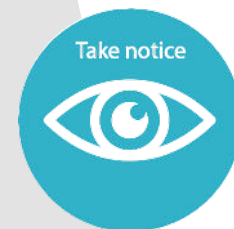
Do something nice for a friend. Smile. Volunteer your time and help your club.

Surround yourself with Family, friends or teammates. Good connections will help you feel supported.



Don't be afraid to try something new. Take up a hobby and something you enjoy and learn a new skill.

Exercise acts as an anti-depressant. Being active is good for your mental health and physical health.



Be aware of the world around you and how you are feeling. Take a step back, breath and take a time out.

www.tamhi.org

FHOLLÁINE



Tabhair faoi Deara

- Tabhair aird ar na rudaí dearfacha ar fad i do phobal
- de na heiseamláirí agus na múinteoirí iontacha a chuidíonn leat ar scoil
- Téigh amuigh faoin aer chuig páirceanna agus siúlóidí áitiúla

CEANGAL



- Ceangail le do theaghlach, le do chairde agus do baill foirne go sábháilte lasmuigh nó ar líne.
- Glac páirt i gníomhaíochtaí scoile
- Aire a thabhairt do mhuintir a d'fhéadfadh a bheith i mbaol



COINNIGH FOGHLAIM

- Scileanna nua
- Bí ag éisteacht le do múinteoirí agus bí ag foghlaim uathu
- Foghlaim conas aire a thabhairt do do shláinte fhisiciúil agus mheabhrach.
- Rudaí nua a fhoghlaim chun tú a choinneáil dírithe agus gafa le stíl mhaireachtála dhearfach

TABHAIR



- Bí ag obair go deonach (má tá tú ábalta)
- Bí ag cúidiú sa bhaile agus ar scoil
- Tabhair duit féin "Am fuaraigh agus féinchúram"
- Déan do dhícheall le do chuid oibre scoile



BÍ GNÍOMHACH



- Cleachtadh laethúil
- Cleachtaigh scileanna spóirt
- Glac páirt i ndúshláin gníomhaíochta club
- Téigh ar siúlóidí le do theaghlach