



What part of the brain does Alcohol affect?



Signs to look out for

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

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

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

What is Alcohol?

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

Behaviour

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

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.

Life support Functions-

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

Health

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

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

Motivational Behaviour-

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

Social

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

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

Movement and Balance-

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



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.



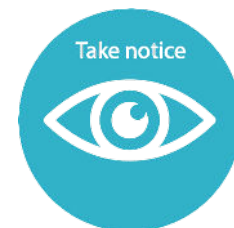
Do something nice for a friend. Smile. Volunteer your time and help your club.

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