Mental Health

Talk with friends and family about alcohol use and mental health.

Learn more at drugfreeCT.org

Let's #MentionPrevention

Wheeler | CONNECTICUT Clearinghouse
a program of the Connecticut Center for Prevention, Wellness and Recovery | dmhas

When you drink alcohol, you can increase the risks for mental health issues. Alcohol can cause mental health risks on its own and can make existing conditions worse. It's important to be aware of this especially during the pandemic. Talk about these risks often. We all have a role to play in keeping our friends and families healthy and safe.

Genetic, psychological, social, and environmental factors can impact how alcohol use affects your body and behavior. This includes mental health conditions. Alcohol use may cause or worsen:

- Anxiety
- Depression
- Poor sleep
- Stress
- Suicidal thoughts

*Source: Mayo Clinic, National Institute on Alcohol Abuse and Alcoholism, Verywell Mind

Certain emotions, experiences, and events may act as triggers for alcohol use. Again, mental health conditions may be a part of this. Common triggers to drink include:

- Loneliness or isolation
- Mental health conditions – anxiety, bipolar disorder, depression, and more
- Negative emotions, such as anger, fear, or sadness
- Prior alcohol use or substance use disorders
- Social settings or events that include alcohol
- Stress – family, financial, friends, work-related, and more

*Source: National Institute on Alcohol Abuse and Alcoholism, Rethinking Drinking, Verywell Mind

You can make informed, healthy choices to cope with stress and mental health concerns. Drinking is NOT a healthy coping strategy! Here are proven, effective ways to address potential triggers for alcohol use:

- Behavioral health treatments
- Exercise
- Prescribed medications for alcohol use disorder
- Meditation, mindfulness, and yoga
- Social connections – meet safely and adhere to social distancing guidelines, or connect virtually via video or phone calls
- Support groups – virtual groups may be safer during the pandemic

*Source: National Institute on Alcohol Abuse and Alcoholism, Rethinking Drinking, Verywell Mind

Be mindful of how much you drink.

Visit alcoholscreening.org to learn about the severity and risk level of your alcohol use.

Get information about treatment that you can trust.

Visit alcoholtreatment.niaaa.nih.gov to find answers to many common questions about treatment.

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