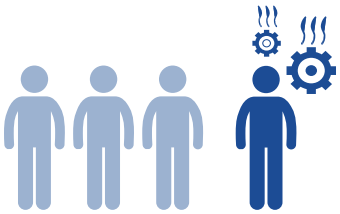
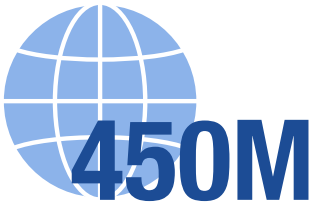
Alcohol & Mental Health



One in four people in the world will be affected by mental or neurological disorders at some point in their lives[3]



Around 450 million people currently suffer from mental or neurological disorders[3]

Alcohol Use Disorders are a neglected target in mental health prevention.

Early identification, screening and brief interventions can decrease the impact of alcohol on mental ill health

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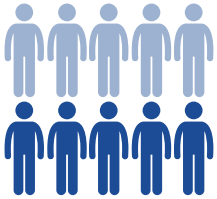
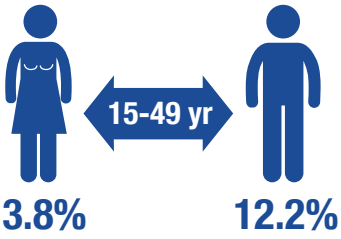
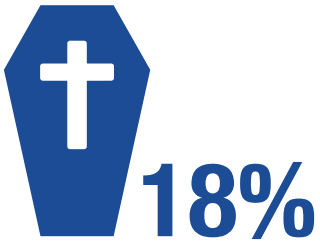
According to WHO harmful use of alcohol is one of the key risk factors for the development of noncommunicable diseases (NCDs) and mental health conditions[1]



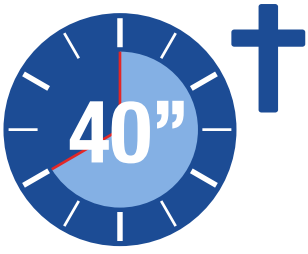
49% of alcohol attributable disability-adjusted life-years (DALYs) are due to noncommunicable and mental health conditions[1]



In 2016, globally, alcohol use was the seventh leading risk factor for both deaths and DALYs[2] and among 15-49 year olds, alcohol use was the leading risk factor globally, with 3.8% of female deaths and 12.2% of male deaths attributable to alcohol use[2]



The alcohol-attributable fraction for suicide was estimated to be as high as 18%[1]



Every 40 seconds, someone loses their life to suicide[4]

Risk of suicide attempt increases seven times soon after drinking alcohol, and this risk further increases to 37 times after heavy use of alcohol[1]

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1. Global status report on alcohol and health, WHO, 2018
2. Lancet 2018; 392: 1015–35
3. https://www.who.int/whr/2001/media_centre/press_release/en/
4. https://www.who.int/news-room/events/detail/2019/10/10/default-calendar/world-mental-health-day-2019-focus-on-suicide-prevention

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For more information on the Awareness Week on Alcohol Related Harm please see: www.awarh.eu