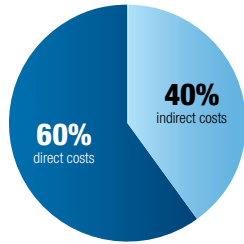




The downward spiral of harmful alcohol consumption and poor mental health

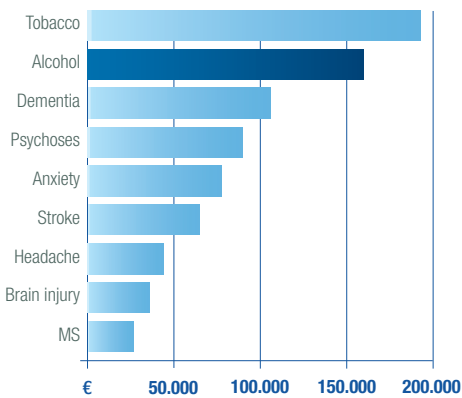


Brain disorders in Europe cost €798 billion¹

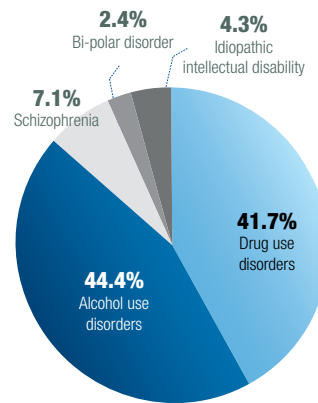


1/5 women's **1/3 men's** deaths due to mental and neurological disorders are caused by alcohol⁴

Costs of mental disorders²

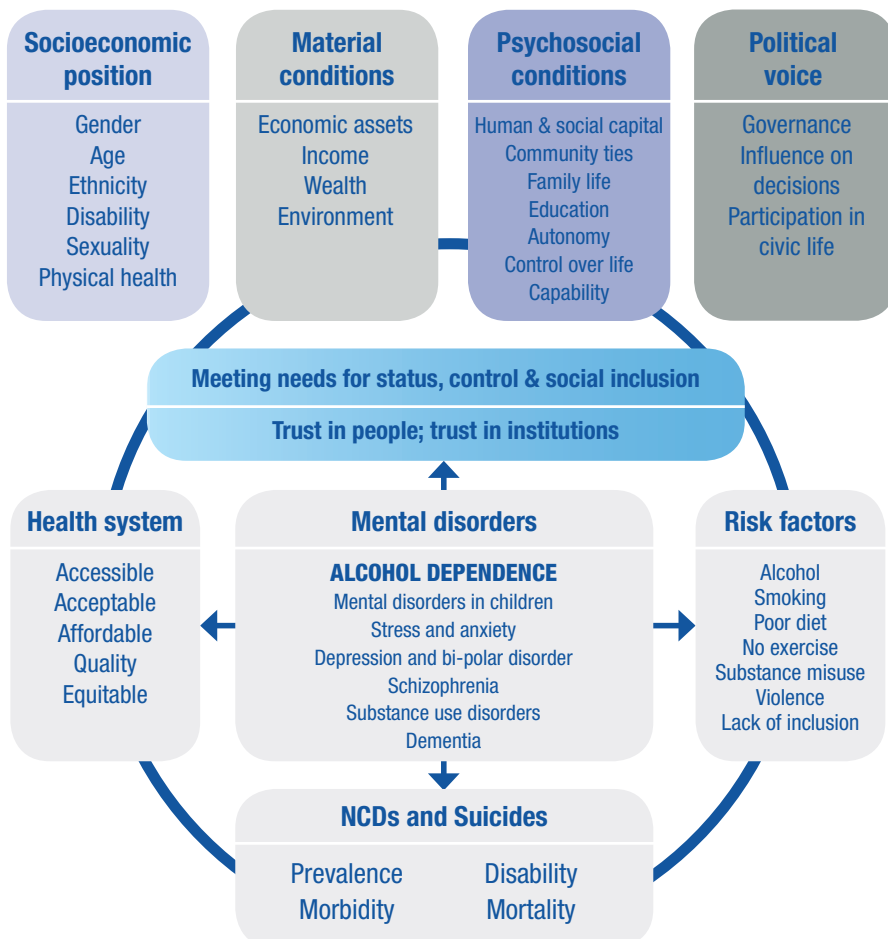


The burden and costs (direct and indirect) of mental illnesses, including AUDs is equivalent of 3.4% of the GDP in the EU³



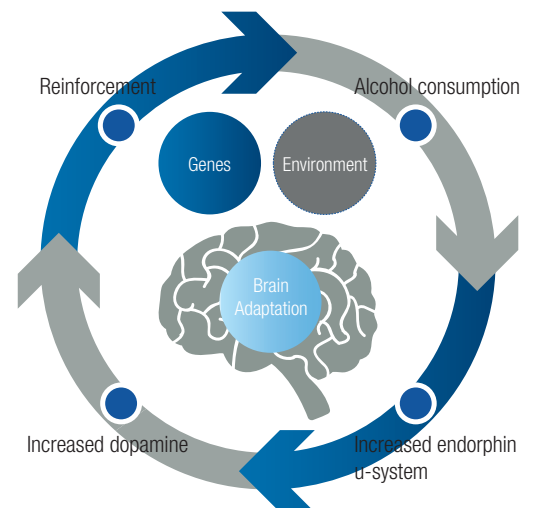
Proportion of years of life lost per mental and substance use disorder group (2010)⁵

The cycle of mental well-being⁶



27% of the European adult population have experienced at least one mental disorder⁷

Alcohol can hijack your brain: the harmful alcohol use cycle⁸





The downward spiral of harmful alcohol consumption and poor mental health

Mental health conditions, including alcohol abuse, tend to deteriorate in times of economic crisis and recession⁹

People who experience unemployment and family disruptions are at greater risk of mental health problems, particularly depression and AUDs¹⁰

The European Psychiatric Association's (EPA) guidelines recommend the reduction of alcohol to reduce the risk of depression¹¹

Effective early intervention and treatment can help reduce mental disorders with co-morbid alcohol and substance abuse¹²

According to the WHO Global Strategy on Alcohol, health services should "provide prevention and treatment interventions to individuals and families at risk of, or affected by AUDs"¹³

The risk of developing mood disorders, anxiety or depression is higher in people with alcohol use disorders (AUDs) and alcohol dependence (AD)¹⁴

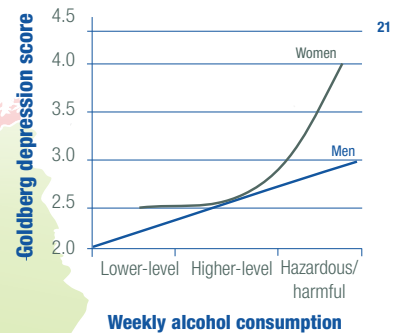
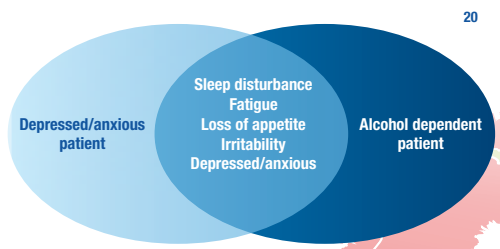
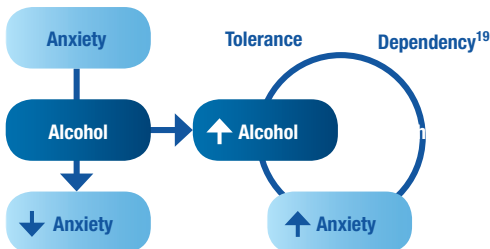


33.4%
of subjects with any AUD have a comorbid anxiety disorder¹⁵

40.7%
of subjects with any AUD have a comorbid mood disorder¹⁶

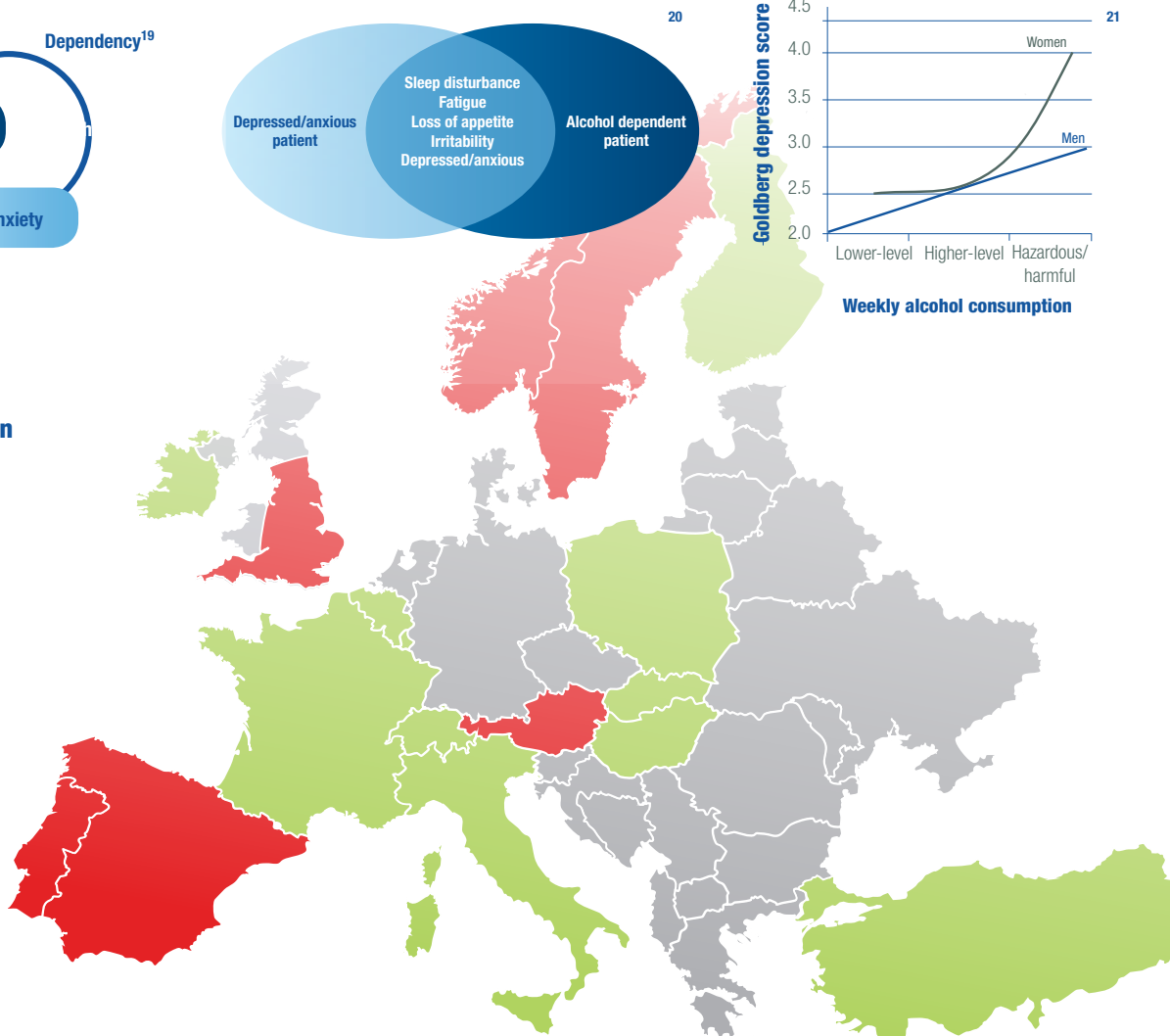
60%
of men with AD experience alcohol induced mood disorder with depressive features¹⁷

1/2
suicides is alcohol related¹⁸



Mental health strategy or plan covering alcohol abuse in selected OECD countries²²

- Yes
- No
- No information





The downward spiral of harmful alcohol consumption and poor mental health

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