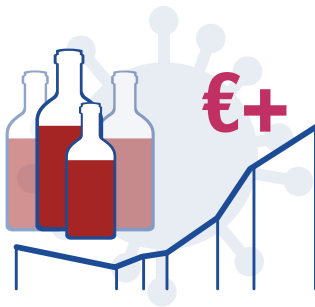




# Alcohol and Mental Health

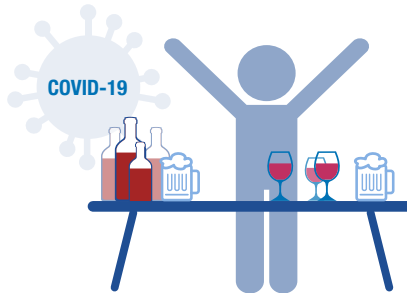
Awarh'21

## Increased Sales



Alcohol sales increased during the COVID-19 outbreak<sup>(9)</sup>

## Increased Use



During the pandemic, the reported frequency of alcohol use was higher than usual<sup>(10)</sup>

## Depression Risk



Harmful use of alcohol or dependence may be a risk factor for depression and vice versa<sup>(14)</sup>

## Intoxication



Alcohol intoxication can increase dysphoria, cognitive dysfunction, impulsivity and intensity of suicidal ideation<sup>(13)</sup>

## Distress



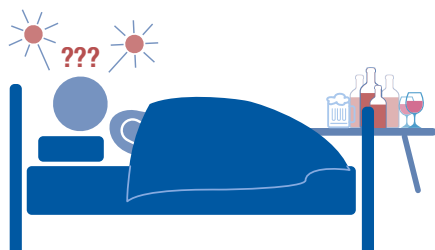
Excess alcohol consumption leads to psychological distress and mental disorders and increases the risk of suicide<sup>(11)</sup>

## Self-Harm



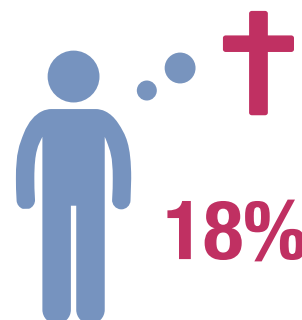
Harmful use of alcohol (especially severe alcohol use disorders) appears to be a risk factor for self-harm and suicidal behaviour<sup>(14)</sup>

## Stress and Anxiety



Excess alcohol use has adverse consequences on sleep, and in the long term, on stress and anxiety<sup>(11)</sup>

## Suicides



Harmful use of alcohol causes 18% of suicides<sup>(12)</sup>

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13. Global status report on alcohol and health 2018. Geneva: World Health Organization; 2018.

14. Harmful Use of alcohol, alcohol dependence and mental health conditions: a review of the evidence for their association and integrated treatment approaches. © World Health Organization 2019.