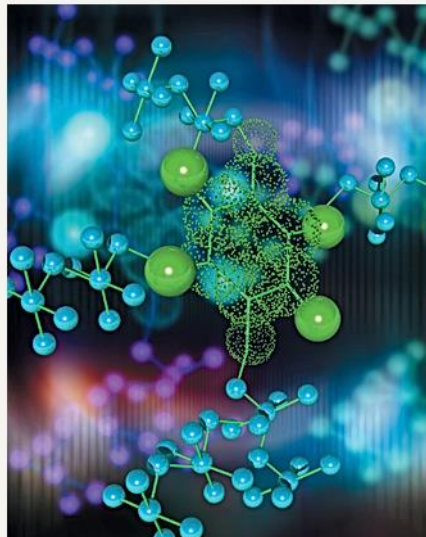


Anxiety & Depression - the benefits of stopping drinking

Anxiety and depression can be tough to deal with and sometimes alcohol might seem like a way to cope.



It's important to know however, that alcohol can actually make these feelings worse in the long run. Alcohol inhibits the part of your brain that controls inhibition, so you may feel relaxed, less anxious and more confident after a drink, but the effects quickly wear off. The chemicals change in your brain which can then lead to more negative feelings such as **anger, depression or anxiety**, regardless of your mood.



Alcohol is a depressant: it alters the delicate balance of chemicals in your brain. Drinking heavily and regularly is associated with depression.



It is safest to drink **no more than 14 units a week**, spread over three or more days with several drink free days (and no binging) it can have a negative affect on your brain chemistry, and result in poor mental health.

What can I do if I am struggling?



Talking about how you're feeling with someone you trust, is like sharing a heavy load you've been carrying. You don't have to carry it all by yourself. Others can support you better when they know what you're going through and how it's making you feel. So don't keep it all inside. It's okay to ask for help when you need it.

Quitting alcohol might not be easy but it's essential to talk to someone or seek professional help or support groups. The benefits for your mental health and overall wellbeing can be significant when you make the decision to stop drinking.

If you have been supported to stop drinking by a professional or support group, we would really like to hear about your experience at mentalhealthweekly@therapycentreservices.com

If you would like to access counselling support we can book you an appointment within 24 hours with a Counsellor on our team
www.therapycentreservices.com/self-referral

Other support can be found below;



If you have come across a particular resource or information that has helped you support someone struggling with their alcohol consumption please do get in touch mentalhealthweekly@therapycentreservices.com

Lucy Johnson

Director

Therapy Centre Services