

HEALING STARTS WITH AWARENESS

Alcohol and mental health are deeply connected, but so is the path to recovery.

Whether you're drinking to cope, struggling with mood changes, or supporting someone else, knowing the signs is the first step. You don't have to wait until things are "bad enough" to seek help.

Here's what healing can look like:

- Setting healthy boundaries with alcohol
- Talking to a therapist or trusted support person
- Learning better ways to manage stress and emotions
- Finding a community that understands
- Building a life where you don't need alcohol to feel okay



NEED SUPPORT?

You are not alone.

Whether you're struggling with your own use or supporting someone who is, help is within reach.

SAMHSA National Helpline

1-800-662-HELP (4357): Free, confidential, 24/7

FindTreatment.gov: Locate affordable care

Talk to a mental health professional:
honest conversations save lives.

TEST YOURSELF

1. Alcohol can help improve sleep and reduce anxiety.
A. True B. False
2. Alcohol use can increase the risk of depression and suicide.
A. True B. False
3. It's uncommon to have both mental illness and alcohol use issues.
A. True B. False
4. People with trauma are more vulnerable to alcohol misuse.
A. True B. False
5. Long-term heavy drinking can permanently change brain structure and function, even after a person stops drinking.
A. True B. False

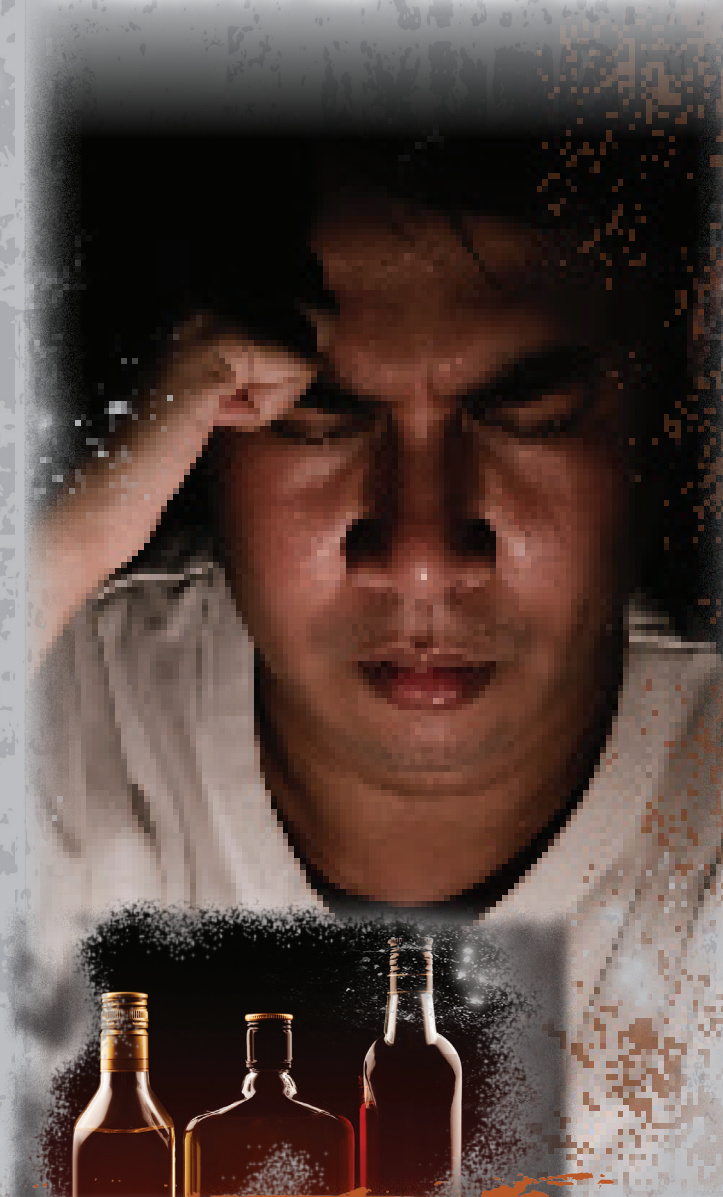
Answers: 1: B. 2: A. 3: B. 4: A. 5: A.

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STAY SAFE SERIES

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ALCOHOL AND MENTAL HEALTH



WHEN THE BUZZ BECOMES A BURDEN