

# How Alcohol Addiction Affect Mental Health

## Depression

Alcohol lowers serotonin, worsening sadness and hopelessness, with AUD increasing the risk of depression

## Anxiety

Long-term use heightens anxiety, with many people developing anxiety disorders before AUD

## Suicide Risk

Alcohol impairs judgment, raising impulsivity and suicide risk

## Mood Swings

Alcohol disrupts brain chemistry, causing extreme mood shifts, especially during withdrawal

## Cognitive Impairment

Chronic alcohol use damages memory, learning, and decision-making abilities

## Sleep Disruption

Alcohol causes insomnia and disrupts sleep, worsening anxiety and depression

## Paranoia

Extended use can lead to alcohol-induced paranoia and psychosis

## Stress and Emotional Instability

Alcohol weakens the brain's stress response, increasing emotional instability

## Aggression

Alcohol lowers inhibitions and increases aggression



# Drugs Alcohol And Mental Health

**CL Gary**



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