

Alcohol Affects Your Mental Health

While consuming alcohol may alleviate symptoms of stress, anxiety, or depression in the short-term, self-medicating with alcohol can worsen your mental health symptoms in the long-run

Research shows that people who drink alcohol are more likely to develop mental health challenges



If you regularly consume alcohol, you may develop a dependence on it which can lead to more severe mental health concerns

Alcohol consumption can negatively affect overall mood and brain functions in the long-term