Alcohol and Your Own Mental Health

- Alcohol is a drug that is classified as a Depressant. If you're already feeling depressed or down, it will ultimately make you feel even more so (even though you may feel some initial relief). Alcohol use increases the risk of Social Withdrawal, Relationship Problems, Loss of Interest in important parts of your life, and Suicidal Feelings or Attempts.

- Some people use alcohol as a Social Lubricant—they feel they need a drink before going into a social situation because of Anxiety and Insecurity. Your use of alcohol may be masking an underlying problem with anxiety that should be treated.