

STAND OUT

POUR IT OUT.

ALCOHOL VS YOUR BRAIN

Research has shown us that people who consume alcohol have an increased likelihood of developing mental health problems. Our friends and peers who struggle with mental illness also sometimes use alcohol to “self-medicate” in an attempt to deal with their symptoms.

DEPRESSION

Drinking can cause consumers to feel symptoms of depression. It can also react dangerously with antidepressant meds, and impairs one’s ability to think clearly.

ANXIETY

While alcohol may be an appealing solution for heightened feelings of anxiety, it’s a quick route to heavy alcohol addiction. Hangovers can also make anxiety worse.

In trying to use alcohol as a coping method for mental illness, teens can instead experience an increased surge of emotions like irritability, anger, anxiety, and depression. Any relief that drinking might bring is short-lived. Mental processing is slowed significantly, making it harder to work through hard emotions or consequences of any rash actions.

Youth who abstain from underage drinking can also avoid other setbacks, challenges, and issues with:

- School attendance or grades
- Social groups, like fights or a lack of participation
- The law, such as getting arrested for driving intoxicated or hurting someone
- Physical health, like hangovers, illness, injuries, or memory problems
- Personal growth and development
- Abusing other substances or violent behavior
- Alcohol poisoning or lifelong effects in brain development

