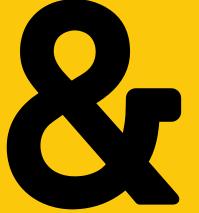


# Substance Use

**Mental Health** 





# The impact that a substance has on your mental health depends on many factors:



How frequently you use the drug

How you feel at the time

Your physical environment



## Alcohol and anxiety





#### Alcohol can negatively impact sleep



Alcohol impacts brain chemistry, causing a drop in GABA levels (a chemical in the brain that usually has a relaxing effect)



Blackouts may leave you anxious about what you said/did



## Stimulant drugs and anxiety

Stimulant drugs, such as cocaine, speed up the activity of certain neurotransmitters in the brain

Increased brain activity could cause racing thoughts, some of which may be paranoid or negative

It's normal to experience a 'comedown' following a period of substance use. This can impact mood as well a physical health



### Mental health hygiene



Reflect on your substance use. Do you use drugs to manage challenging memories and feelings? How often are you using substances? Try to reflect as often as you can.



Seek help. If you feel as though your substance use is negatively impacting your mental health then reach out for support. You won't get in trouble.

