



Substance Use



Mental Health



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SOS!UK

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



The substance and the dose



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 as 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.

