



Alcohol and Drug Education

Alcohol, Drugs, and Mental Health

MODULE OVERVIEW

MENTAL HEALTH AND SUBSTANCE USE

Mental health disorders can disrupt thinking, feelings and behavior, often impacting daily life and relationships. Many people experience mental health and substance use disorders together.



SPECIFIC MENTAL HEALTH DISORDERS

Common mental health disorders among people who use alcohol or drugs include major depressive disorder (MDD), anxiety disorders, posttraumatic stress disorder (PTSD), bipolar disorder, and schizophrenia.



LINKED CONCERNS

Overuse of alcohol and drugs can cause social, emotional, and psychological issues. It also can lead to isolation, increased anger and irritability, poor sleep, and increased risk of suicide.



TRAUMATIC BRAIN INJURY CONCERNS

Having a traumatic brain injury (TBI) can make decision making more difficult and leaves the brain more sensitive to the effects of substances. This can make using alcohol or drugs more risky for people with TBI.



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