

Alcohol Use and Mental Health



Alcohol decreases brain activity, which can cause problems with memory, coordination, and concentration. Binge drinking is directly linked to psychosis, anxiety, depression, and bipolar disorder. In addition, people who binge drink alcohol can develop alcohol use disorder (AUD).

Alcohol Use Disorder (AUD)

AUD is characterized by difficulty stopping or controlling alcohol use. It is also known as alcohol abuse and addiction, and colloquially, it is called alcoholism.

Unhealthy alcohol consumption refers to any consumption that puts a person's health or safety at risk and can lead to drinking-related problems.

Symptoms

Alcohol-related disorder can be classified as mild, moderate, or severe, depending on symptoms. These include:

- Feeling unable to limit the amount of alcohol consumed.
- Experiencing intense cravings to drink alcohol.
- Not fulfilling daily obligations due to repeated alcohol consumption.
- Continue drinking despite knowing the problems this can cause.
- Abandoning or limiting social, work, and hobbies activities to consume alcohol.
- Develop a tolerance to alcohol, which involves consuming more to feel the same effect or experiencing less effect with the same amount.



Treatment

There are different treatments for AUD, such as outpatient and/or inpatient service, medications, talk therapy, and support groups.

When to see a doctor?

If you drink large amounts of alcohol, it's important to talk to your doctor. There are also other options for asking for help, such as seeing a mental health professional or joining support groups.

Alcoholics Anonymous of Puerto Rico
(787) 704-1634

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare 787-641-9133

References:

<https://medlineplus.gov/spanish/alcohol.html>

<https://www.conexionpr.org/alcoholicos-anonimos/>

<https://www.tucanaldesalud.com/es/canalciencia/articulos/sabias-alcohol-afecta-mente-emociones>

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