

**Do you experience anxiety
or depression?**

**Alcohol is a depressant drug. Regular use,
particularly binge drinking, can worsen
symptoms of anxiety and depression.**

**Find out more about alcohol
and mental health by visiting
alcohol-focus-scotland.org.uk**

**Worried about your own or someone else's drinking?
Drinkline can provide advice: 0800 731 4314
Mon-Fri, 9am to 9pm
Sat-Sun, 10am to 4pm**

