

Alcohol is a depressant. That means any amount you drink can make you more likely to get the blues. Drinking a lot can harm your brain and lead to depression. Alcohol also makes medicine for depression less effective.

<https://www.webmd.com/depression/guide/alcohol-and-depression>.

Simple tips for cutting down on alcohol:

- Make a plan- Before you start drinking, set a limit on how much you're going to drink.
- Set a budget-Only take a fixed amount of money to spend on alcohol.
Let them know-If you let your friends and family know you're cutting down and it's important to you, you could get support from them.
- Take it a day at a time-Cut back a little each day. That way, every day you do is a success.
- Make it a smaller one-You can still enjoy a drink, but go for smaller sizes. Try bottled beer instead of pints, or a small glass of wine instead of a large one.
- Have a lower-strength drink-Cut down the alcohol by swapping strong beers or wines for ones with a lower strength (ABV in %). You'll find this information on the bottle.
- Stay hydrated-Have a glass of water before you have alcohol and alternate alcoholic drinks with water or other non-alcoholic drinks.
- Take a break-Have several drink-free days each week.

<https://www.nhs.uk/live-well/alcohol-support/tips-on-cutting-down-alcohol/>