When a person is depressed and/or anxious they may feel:

- Tired and run down.
- Sad and hopeless.
- Irritable much of the time.
- Confused and not knowing what is happening to you.
- Worried and anxious much of the time.
- Knots and butterflies when faced with a difficult situation, or avoiding situations which cause uncomfortable feelings and anxiety.
- Like withdrawing from normal activities.

Some signs that may indicate alcohol problems include:

- Thinking you drink too much.
- Friends, relatives or a doctor showing concern about a person’s drinking.
- Regularly consuming more than four drinks on any one occasion.
- Drinking to cope with stress, loneliness, anger, or sleeplessness.
- Trying to cut down or to stop drinking without success.

Handy Hints

- Let your GP know if you are getting help from anyone else, such as other doctors, self-help groups, family and friends, or natural therapists.
- Remember to provide your GP with a full list of medications (including over-the-counter meds, vitamins and natural therapies).
- If you are uncertain or nervous about speaking to a GP, take along a friend or family member. They can also help you remember information provided.
- Ask your GP for a general health check to see what else might be adding to the way you feel.
- Many general practices can provide a practice nurse to help you with your appointments. You can speak to a practice nurse if you are uncertain or nervous about speaking to a GP.