

*The harms from alcohol go  
far beyond a hangover  
and liver damage...*

# Tip of the iceberg

The harms  
from alcohol  
you may not know



**1 in every 11 deaths**  
in the WHO European Region  
is due to alcohol.

**800 000 every year\***



**1 in 4 deaths**

among young adults  
aged 20-24 was caused  
by alcohol\*

\* WHO European Region, 2019

## Alcohol is toxic and causes cancer.



Alcohol is linked to  
over 200 health  
conditions

Cardiovascular  
diseases are the  
leading cause of  
death resulting  
from alcohol,  
followed by injuries,  
cancers, and  
digestive diseases.\*



Alcohol damages  
the brain, leads to  
nerve cell death  
and brain atrophy

Brains continue to  
develop until around  
age 25, making youth  
particularly vulnerable  
to alcohol.



Alcohol causes  
7 types of cancer

The risk of developing  
cancer starts at low levels  
of consumption and  
increases as you drink more.

All alcoholic drinks  
- beer, wine, and spirits -  
can cause cancer.



Alcohol is not a good  
coping mechanism

It increases the  
risk of depression,  
anxiety, mood swings,  
and disrupted sleep  
and can lead to  
a vicious cycle of mental  
health deterioration.