

Client Story

I lost my dad 5 year ago, previous to that I'd lost my brother and my best friend. I think this was the starting point for me. It really hit hard as we'd had an argument so I didn't get to say goodbye to him. It put me in the worst place possible. I'd used drugs occasionally before but now it was out of control.

"The wake-up moment was when I was in hospital with tubes and wires everywhere and I thought I was dying. My kids said that I loved drugs more than I loved them, that's when I knew I wanted to stop, not just needed to. I'd been trying to stop for everyone else but realised I wanted to stop for me".

Initially I approached STAR and did the 16-week counselling course. They then referred me to ESRA to continue my recovery as I needed the support from others who were going through the same as me. I'd bottled everything up for years and had never been able to talk about things and just exploded.

It's been an amazing experience and the staff are great and so approachable. I'm staying clean and enjoying my life again and this year I'm planning to start my own business.

"Everything in my life is moving forward and I'm seeing clearly for the first time in a long time. We're planning things as a family and that never used to happen. I still get urges now and again but I don't act on them. I feel less stressed and better able to cope with the pressures of work and life... I feel like once I got better, everyone around me got better too".



"I was using every day, I'd disappear for 3 weeks at a time leaving my family wondering where the hell I was, this went on for 3 years. I was also really stressed with work and working too many hours which was overwhelming me, looking back now I realise I was using as a way of coping with everything".

"ESRA has given me a sense of security and stability. I don't feel judged at ESRA. It's been great to be able to talk and be listened to. I can now talk openly and honestly in groups which I never thought I'd be able to do. SMART has given me the tools as well as the confidence to continue my recovery and stay focused".