

"My drug habit had started to get out of hand and I was using daily. I had been hiding the problem but it was now affecting my life and relationships. This was just before the Covid lock downs started. I suffer with epilepsy and wasn't going out by myself in case I had a seizure so felt quite isolated already. Covid increased my isolation, which led to further drug use".

Client Story

I had heard about ESRA and asked them for help. My support worker suggested STAR as a starting point but I'd already stopped using for 6 weeks by myself at that point so didn't attend STAR but joined the SMART group at ESRA instead

I'm a very determined person and even having brain surgery for my epilepsy during this time wasn't going to get in the way of my addiction recovery.

I started volunteering with the Samaritans during this time as I needed a focus and I also wanted to help others. I've recently started my own cleaning business whilst studying for my Math's and English GCSE's at East Sussex College. I plan to take the Access to Nursing course in September to give me enough UCAS points to do a Nursing degree the following year as would really like to become a mental health nurse and work with young people in the future.



"Both the staff and the people in the group really helped me feel connected and on the same level as others going through similar problems. We shared our experiences of addiction and supported each other, working through the SMART tools and learning ways to cope with addiction. Seeing others on their journey and making changes to their lives encouraged me".