

“After many years of 'normal' drinking, exacerbated by cocaine I was functioning but not present. It took a massive relationship breakdown which my 'habit' was blamed for that made me see what hold it had on my life and others around me. Let alone the money I was spending on it all. I had hit rock bottom and enough was enough”.

Client Story

“To know where it all started is a question we all ask ourselves I'm sure. Life seems no different to anyone else, ups and downs, good and bad, lucky and unlucky”.

I grew up in a pub from the age of 15 watching my parents run their own business and do their own thing. I did the usual thing with drink and substances from there, into college, into my first sales job, into my career. With friends, with partners, by myself. Got married, had a kid, opened a business, got divorced. Got busy, got stressed, got with the mum's, got stuck in lock down, got a severe habit to cope with it all as well as socialise with the many others stuck in the same rut.

After a call to the doctors who gave me the number for CGL, I stopped the drugs and waited for my CGL appointment to come. I didn't realise how hard those two weeks would be. CGL recommended approaching ESRA to help me in my recovery.

The tools I have learnt in SMART are life changing. It's not the stereotypical sitting in a circle in a cold hall. We do groups, activities, courses, wellbeing and there is a great café where we can sit and eat together, we support each other. I can't recommend ESRA enough. After a 20-year habit, I finally feel free and I'm enjoying my recovery.



“Speaking to ESRA, I realised that I'm am not alone. I attended the SMART group where I met people who I could relate to, who I could be honest with and in turn, be honest with myself. Everyone there is so different, with different backgrounds but all going through the same. I was scared to start with but now it's my safe place”.