

“Looking back, I think I had a problem when I was in the army, that was when the drinking really started, it was just part of the culture. Then around 6 years ago I finally realised it had become a real problem. I’d hit rock bottom and my daughter said to me if I don’t do something you’re not going to see your grandchildren and they mean everything to me. I was in a very dark place and I knew I had to sort myself out. That’s when I walked into ESRA”.

Client Story

Once I’d come to ESRA and stopped drinking I realised I needed to change who I was. I’d been using drink as a mask to hide but now I needed to become my true self. I think I’d known from the age of 10 that I was in the wrong body so I joined the army to try and prove my masculinity and maybe that’s why the drinking had spiraled. I drank to hide my feelings and emotions.

The world is now my oyster. Hopefully towards the end of this year I will undergo surgery to complete my transition into the woman I have truly always been. It’s the last piece of my jigsaw to becoming my true self. I don’t have any urges to pick up a drink and I am almost 6 years clean. Life is looking really good for me. I am an ambassador for Help the Heroes as well as volunteering for ESRA and other organisations.

It’s about giving back now. I’m just so grateful for all the support I have received, I’m happy again, living my life and enjoying it.



“ESRA is a safe place and gave me the tools and confidence to start my recovery journey. ESRA has given me the support I needed to move my life forward and finally become me, my true self as a woman. If it hadn’t been for them I would not be here now. I was having suicidal thoughts and was unable to cope with my life, ESRA offered me stability and helped me find the person I have become, people have been so supportive and being accepted by everyone has been amazing”.