



Making recovery visible

In Sheffield we know that there are 100's if not 1000's of untold stories (often shared in closed groups) that the general population don't get to hear about. Sheffield Recovery Forum is STILL on a mission to change that.

SHSC - Anonymous

What was life like for you?

I felt I had had enough; I had a lot of pressure from my family and brother in particular. I couldn't be bothered to do anything and felt old. I wanted to change my life. It was time to get myself down to a treatment service.

What helped?

At first I tried Antabuse but couldn't get on with it, but I found acamprosate and it works!

Having somewhere to go to talk to someone was really good. Having more money in my pocket spurred me on. I could not have gone cold turkey on my own, I found I could reduce my drinking but not stop. Knowing that I could not have a drink. I kept doing diaries daily, and I could see I was reducing down from 7 to 6 to 5 pints a day and got down to 2 and a half pints. I haven't had a drink now for 12 weeks!

How are things different?

Not having a drink! More money! Being busy! I have something I am doing every day. Being able to do more with my life; before I couldn't because I was always drunk. I volunteer now so I meet new people, I have 'get up and go' and I am being me! I go to lots of places now.

My advice to anyone considering treatment? Just try to carry on reducing and stopping, take the tablets, focus more on yourself and not the drink, you end up thinking more about the drink and how to get it and not on yourself and your life.