



Andy's Story

Before I came into Turnaround, I was in a right state.

I was jagging Heroin, drinking myself in to an oblivion and taking hundreds of valium. I felt like throwing myself off a bridge because my mum said if I didn't get myself away from the shite, she wouldn't want anything more to do with me.

I got on the phone to my drug worker to see what he could do. So he put in a referral for me to Turnaround. In the mean time, I kept taking valium, heroin and drinking.

The day i came into the unit, I was shitting myself but as the days went on i was calming down.

I was learning to cope with my cravings and everyday situations.

Looking to the future, I'm shitting a brick, having to make new friends, trying to get employment and my own house.

The stay in Turnaround has been good. I've met some good and positive people and the food is great.

For the future, I want to be clean from all mind-altering substances. I'd like a nice wee house, girlfriend and to go on holiday somewhere.

I know I'm still going to have a hard time but that's the way life goes. As long as i do what i learned in Turnaround and the recovery meetings, stay away from old using friends, pubs, clubs and dealer, and keep out of trouble, go to meetings and keep in touch with my sponsor things will be fine!