

Here is Ian's story:

***“When I first came to (ADA), I was lost, didn't know what to do and I just walked in. I'd been dabbling with drugs since I was a teenager and had my first withdrawal from heroin a week before my 21<sup>st</sup> birthday. I had lost my flat, my girlfriend and I wanted to end my life. The worker I spoke to listened, didn't look down on me and gave me tips and advice to help me with my problems. I would go away and try out the advice but I always ended up back using.***

***I kept coming back to Hadden Street because they always treated me well and I never felt judged or looked down upon. One day the worker told me to snap an elastic band every time I had a craving to take my mind off it. I was amazed that this worked and I realised if I could have control over my thoughts and behaviours. I would either be in prison or dead if it wasn't for that advice. That was the beginning of recovery for me.”***

Alcohol & Drugs Action