

A woman with dark hair, wearing a bright pink sweater, is shown from the chest up. She is resting her chin on her right hand and looking down at an open book she is holding. The background is a solid, muted brown color with a large, faint, light-colored circular graphic element on the right side.

Stories of recovery  
from addiction:

# *remedies*

**I was on methadone. I'd stopped taking all these other party drugs and come off the anti depressants. Then my recovery really began. What it all boiled down to was being accepted into university, where I'd applied the previous year. During this time I was also going through a court case for possession of two ounces of cannabis. When I started university I was still going to court and I finally got sentenced to six months' community service. I served this by working at a city youth club. I was so depressed the whole time. I was 37 years old, and instead of having my usual compulsion, where I wanted to be naughty and take heroin again, I just felt completely floored, exhausted, and full of regret. How was I going to take my life forward from here?**

That's the horrible thing, you go through recovery and think, 'yeah, I feel good again but where am I? Where am I going? I'm in a hole! And now I've got to do 10 times as much work to catch up with where I should have been!'

Six weeks into Uni I was ready to give up, but friends and tutors helped me get through this and after that the whole thing just took off. I got myself a couple of wee part time jobs, bar work, and things were starting to look good. So from that point on, things seemed to gain some positive momentum. Because I kept myself so occupied with work and university, all the other problems just disappeared. I felt so lucky and appreciative that I'd got this chance to take my life forward again.

During this time I managed to slowly phase out the methadone and when I felt I could cope without it, I hung onto some for a while and then poured it down the drain one day. I didn't need it and I certainly didn't want it any more. I believe it's effective as a cure because I can't think of anyone who enjoys taking methadone, certainly not on a daily basis. I made a big effort to manage my depression, and started taking homeopathic medicines. Because I was studying at university, I used a learning approach to my health as well. So I looked into a broader range of remedies for my post-withdrawal depression and found a

homeopathic remedy to be a really good and highly effective cure. I used this for a few months and that cracked it; it saw me through the dark winter months and then by spring my depression was cured. In the past that type of low mood would have drawn me back into heroin use but this time I'd used non-addictive, legal, remedies to get through.

Nowadays if I'm in any sort of pain I will take something like codeine but that's OK. It's not a problem, and it doesn't lead me back into hard drug use. I don't have those social drug networks any more, so the temptation is at a safe distance away and I'm very glad of that.

After many wasted years I'm back to normal, back to life, back to work!

*Six weeks into  
Uni I was ready  
to give up, but  
friends and  
tutors helped me  
get through this  
and after that  
the whole thing  
just took off*

You can read other stories  
of recovery from addictions at  
**[www.storiesofrecovery.org.uk](http://www.storiesofrecovery.org.uk)**

Thank you to the participants who were kind  
enough to share their stories for the greater good.

Thank you to Lapidus Scotland for supporting  
the project.



If you would like this document in Braille, large print,  
audio-tape format or another language please contact:

Ma tha sibh ag iarraidh an fhiosrachaidh seo ann an cànan eile,  
cuiribh fios gu:

如果您需要该信息的其它语言版本，请联系：

اگر این اطلاعات را به زبانی دیگر میخواهید لطفاً با این ادرس تماس بگیرید:

إذا رغبت في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال بـ:

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ:

اگر آپ یہ معلومات کسی اور زبان میں حاصل کرنا چاہتے ہیں تو براہ مہربانی رابطہ کریں:

**Eğer bu bilgiyi bir başka dilde istiyorsanız lütfen bağlantı kurunuz:**

**Jeśli chcesz uzyskać te informacje w innym języku skontaktuj się z:**

**Tel: 0141 201 4514**

**E-mail: [aad2@ggc.scot.nhs.uk](mailto:aad2@ggc.scot.nhs.uk)**

For free confidential information and advice call Know the Score on 0800 587 5879

JAN/2010