

Drugs Recovery Stories

Painkillers Recovery Story

I realised that the painkillers were getting out of control, I no longer could think straight and had a 5 year old child to look after. I had severe back pain after my daughter's birth and was prescribed dihydrocodeine by my G.P.

At school I was bullied and was raped at the age of 13. I took about 60 codeine tablets daily and when I never used I felt anxious, ill, the whole day was spent sourcing tablets, counting money, working out the cost and how I would get the tablets I needed. I eventually moved into my mum's who was a good help and my G.P. referred me into the addictions team.

I was offered a substitute prescription and initially had suboxone but this never agreed with me so went on to Methadone, but I kept telling the nurse I wasn't wanting people to see me take methadone, I didn't want the stigma. I did eventually agree and was on 90ml. This did help and within a month my head was clearing, I could function better and was getting on better with my daughter and family. Within 3 months I was more involved with my daughter's life and able to start getting involved with her school and go holidays, I just felt better and more able.

I have cut my methadone down to 60ml and have got a job and a car and am more confident. My nurse offered me to go to psychology for my past trauma but I still don't feel ready but know I can be referred back at any time. I can't believe how far I've come in a short time and feel even though on a substitute prescription that I'm now recovering.

Recovery Story

My name is Kerry and I am an Alcoholic/Addict who has been sober for 3 years and completely clean for over 2 years now. I am happy to share part of my story of Recovery in the hope of encouraging others to follow me on their journey to recovery.

I took my first drink at the age of 15 and sampled my first drug at the age of 22 and now at the age of 26 I am no longer dependant on anything other than my prescribed medication to get me through the day.

I decided in November of 2012 that my life had become totally unmanageable and I was no longer in control of my emotions, thoughts, feelings or decisions, nor was I in control of my everyday life. I was drinking 4/5 nights of the week, using recreational drugs along with the alcohol and taking all sorts of painkillers on regular occasions throughout every single day of every week, every month, every year for the whole duration of my adult life, and it was starting to show on me as a person, to my family, friends, colleagues, but mainly it was having a terrible impact on my relationship with my 2 children who mean the absolute world to me.

I started going to "AA" to help me to completely remove alcohol from my life and it worked. However it served no purpose to my other more severe addictions. Then, after approximately six months of attending "AA" meetings 4/5 nights per week I decided that I wanted to face my

demons and stop everything else, and what a shock I got when I went into “withdrawal”. I was swallowing between 20/30 painkillers per day at this point and had begun sourcing this illegally or stealing from family members, who I’m ashamed to say were being prescribed these by their G.P. for illnesses etc to help them either cope or treat their conditions. After visiting my G.P. and explaining my hopeless life and asking for advice on how I could sort myself out, she advised me that she would refer me on to the team at the Addiction Clinic, and within 2/3 weeks I received an appointment through the post much to my dismay due to how I was feeling within myself. I felt both desperate for help and also so, so ashamed of myself and the mess I was in both physically and mentally. It left me feeling very, very alone and lost in the world, I literally had nowhere to turn.

However, I kept my appointment and went to the Clinic as arranged where I was introduced to the Nurse assigned to me, Allison Baillie, and within 5/10 minutes of my breaking down and exploding into a shrivelling wreck was overwhelmed by the welcome and glimmer of hope Allison kindly enlightened me to. She was so understanding of my condition and listened to every word I said attentively, she then told me what options were available to me and she astonished me also with the level of support she portrayed throughout our meeting. I was introduced to what I now refer to as my “miracle cure”, “Suboxone”, and this has completely turned my life around in such a way that I no longer am dependant on any one thing to get through my day! Allison took the time and explained in great detail how this medication worked and made it clear what I could expect, and her encouragement and support gave me the courage I needed to (once and for all) sort my hopeless, unmanageable life out.

It’s been now over 2 year for me and the freedom I feel on a daily basis is all I need to keep me going. I am extremely grateful to Allison and her colleagues who have been by my side through my journey, and I owe them so much for believing in me and trusting me to help me achieve my goals. The “Suboxone” is now the only drug/medication I administer daily; I can honestly say I wouldn’t have been able to do this after nearly 30 years of abusing my body without it.

Thank you all so much.

You showed me kindness, encouragement, support but more importantly you showed me how to believe in myself again and my life is now so much better. As each day passes I myself get stronger and stronger.

An extremely grateful,

Kerry xxx

Moving forward, I am now able to forget the wreckage that is now my past and focus on the happiness that is my future.