

I am a 33 year old married woman with no children and I work from home.

I used to drink around 1 and ½ bottles of red wine every night, and would start drinking from about 4pm. On a weekend I would often drink more wine and vodka/lager if I could get it.

Over the Christmas period I drank far too much and in the New Year everything came to a head and I found myself being referred to the A-Team by the GP.

I was suffering from bad anxiety and panic attacks – I thought the drink would help these problems, but it just made them worse. As well as panic and anxiety my alcohol use had also caused me physical and mental problems including shakes, numbness in my arm, leg and face, sweats, sickness, liver pains, and problems with my sleep. I used to miss appointments, let people down and caused arguments and accidents at home. Thank goodness most of these problems have now gone.

The A-Team helped me a lot - they listened and understood without judging. They were able to give me advice and answer any questions I had about drinking, medication and recovery. It felt so good to talk to someone who could fully understand how I was feeling and why I was there.

I am now not drinking at all because I don't want to. I feel I have the control back, and I am being more active and trying to enjoy all of the things that I couldn't do when I was hung-over. I am dealing with life sober, facing my fears head on instead of hiding behind the bottle and learning to live after being robbed of years through being drunk and running from everything. I have peace of mind and am learning to like myself SOBER. I realise that I can live a life without all of the wine, it takes time but I am getting there slowly but surely.

JC. February 2011.