

<https://www.portofcall.com/about-rehab/drug-rehab/drug-addiction-stories/>

Samantha's drug rehab success story

Samantha, 29, from Leicester is a recovering drug addict. She first smoked cannabis at 18 and later turned to harder substances. Here is Samantha's **drug abuse story**.

"I was naïve to believe I could take heroin just the once. I didn't realise how addictive the substance was and after one night I was hooked. I didn't even realise I had a problem; I thought I was having the time of my life, completely detached from the rest of the world. My mum and best friend staged an intervention after having contacted Port of Call to ask for their advice. Although I was still reluctant to believe I had a problem, after speaking to one of the confidential advisers at Port of Call, it became completely obvious to me just how addicted I was. It's scary to think that a substance had so much control over my life. Thankfully Port of Call was able to help me find a rehab centre that catered to my needs and I'm happy to say, I have been clean for five and a half years now and the thought of taking any kind of drug has never crossed my mind since."

Brian's drug abuse story

Brian, 56, from Hull realised he had a problem when his marriage came to an end because of his persistent cannabis use. Here is Brian's story of drug addiction and how he achieved active recovery.

"It was only when my ex-wife asked me to quit that I realised I had a problem. I was so sure that I could quit, you don't hear of cannabis being addictive, but I suppose because I had smoked for so long, it was part of my routine. I didn't seek help to start with; I was so scared of being seen as a drug addict. My wife caught me smoking and the next day she left. That's when I knew I had to get help. I contacted Port of Call myself and they talked me through the different options available. They were really understanding and not judgemental and helped me wake up to the fact that it was alright to reach out for help. I'm pleased to say I'm doing really well now, but only thanks to Port of Call and the level of support they gave me throughout my recovery journey."

Hollie's drug story

Hollie, 20, from Gloucester, was at a festival when she first tried Ketamine. After her first experience, she suffered from anxiety attacks and swore she would never take it again. Here is Hollie's real life drug story.

"I remember being at a house party, all my friends were taking drugs and I felt boring, so I swallowed Ketamine. The effects were so different to the first time I took it and when I went on nights out after, it felt boring without the influence of the drug, so I took more. I became completely detached from everyone and everything, old friends stopped talking to me, I was completely detached from my family and work, nothing else mattered to me, I just wanted to go out. When I went for long periods without taking it, I experienced paranoia and really bad headaches, but I still didn't think I was addicted. It was only after my sister called Port of Call, who had made me realise just how much I had spiralled out of control. They helped me come to my senses and guided me towards a treatment programme that was right for me. I haven't taken drugs in six months. Although the first few weeks were hard, I am in a much better place now. I am still focusing on my recovery and piece by piece, fixing my life back together."