

Ian's story

As told at the ED Collaborative event 16 March 2018

Two years ago I was homeless and alcohol-dependent with a history of depression.

Then I went through detox and the Alcohol Service Nurses came to see me. They treated me with dignity and respect and showed real care.

I had lost all hope in humanity and had given up on life. The way they treated me gave me strength and a desire to carry on.

I've gone on to become a volunteer and peer mentor and I chair a focus group.

I have a job, a house and a car.

You can have all the willpower in the world, but you need a foundation. Someone showed me love and care and I don't want to let them down. They were my motivation and they remain so. Thank you for all the help and support.

And to the NHS in general – you gave me a new life and the strength to help myself.