

Case Study

Alcohol

Alcohol Brief Interventions

Alcohol Brief Intervention Service User

"I seemed to be relying on alcohol more and more to the extent that some close friends were commenting on how much I seemed to be drinking. I began to drink in secret. I hated the feeling that I was becoming addicted to and being controlled by this substance...

...I tried to hide it.

I was handed a lifeline by Liz who I met at the Govanhill Health Centre Pharmacy. The setting at once put me at ease, as well as Liz's caring and professional attitude. She was the one who approached me and drew me in, guided me through the material and outlined the way the program worked, and immediately convinced me that this could be just what I was looking for. Hers was the outstretched hand that I needed to start to get my life back under control again.

I achieved my goal, which was to stop drinking every day to cope with my feelings of stress. My total weekly consumption is now 12 units. I feel I am in control of the situation now. I am very proud of this change on my outlook on life, I feel very positive about the future".

"This pharmacy campaign has transformed my life"