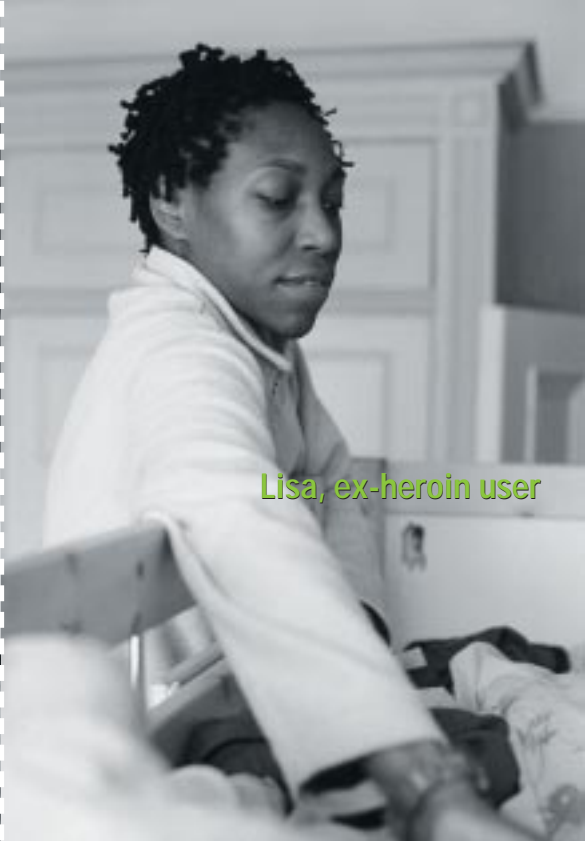




Lisa, mother of two



Lisa, ex-heroin user

Of all the myths surrounding drugs, one is more dangerous than the rest. It's the myth that once you've got a serious drug problem, there's no way out. In fact, treatment for drug misuse is highly effective.

- **It's not all cold turkey.** There are many different kinds of treatment, geared to people's individual needs.
- **It doesn't just focus on drugs.** Treatment often includes support with issues like employment and housing.

Fortunately, Lisa didn't believe the myths. She completed a six-month treatment programme run by a drugs project in conjunction with a local doctor. She was given gradually decreasing doses of Methadone, along with support to find a new flat. Lisa has been clean for eight months, and is thinking about going to college.

Drugs. Treatment works.

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This story is based on real life, but the picture shows a model.

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Ravi, website designer



Ravi, ex-heroin user

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- **It doesn't have to be a last resort.** Treatment can be effective at any stage of problematic drug use.
- **It's not just short-term.** People often get on-going support, and long-term help with issues like housing and employment.

Fortunately, Ravi didn't believe the myths. He attended a two-month course, run by a local drugs agency. For four days a week, he received intensive counselling and support, helping him deal with his drug use and stop him progressing into serious addiction. Ravi is now drug-free. He's kept his job, and started rebuilding his relationship with the kids.

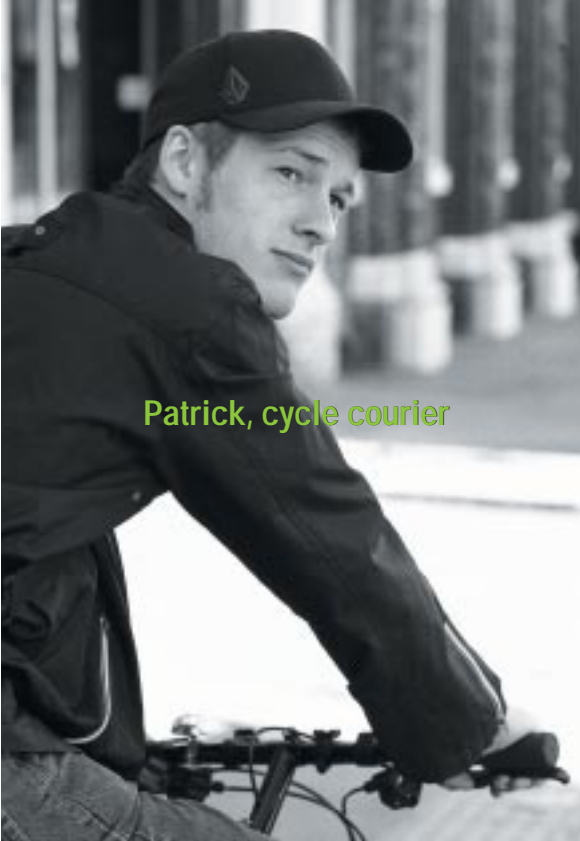
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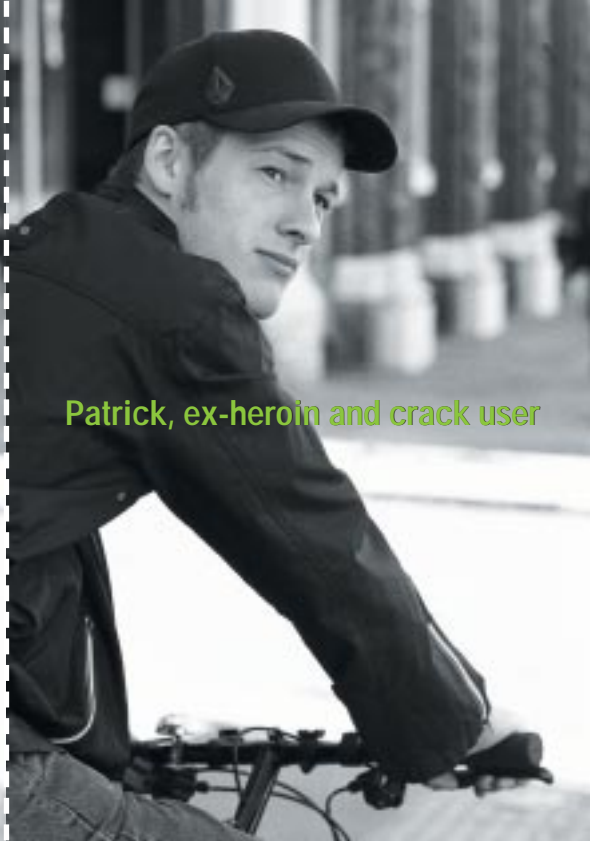
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Patrick, cycle courier



Patrick, ex-heroin and crack user

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- **It doesn't matter if you've failed before.** If a treatment didn't work before, other options are always available.
- **It doesn't take a long time to get treatment.** On average, people wait three weeks.

Fortunately, Patrick didn't believe the myths. He had been taking heroin and crack, and drinking heavily for several years. He tried Methadone before and gone back to heroin, but decided to try again. A local drugs agency referred him to a residential treatment centre where he got round the clock support for three months while he came off heroin, and help to find a flat nearby. Now he's working as a cycle courier. This is the first time he's been drug-free since he was fifteen.

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Claire, community volunteer



Claire, ex-crack user

Of all the myths surrounding drugs, one is more dangerous than the rest. It's the myth that once you've got a serious drug problem, there's no way out. In fact, treatment for drug misuse is highly effective.

- **It's not 'one size fits all'.** There are lots of different kinds of treatment. Many include counselling, and some include alternative therapies.
- **It's not just for heroin.** Treatment is available for all kinds of drugs, including crack.

Fortunately, Claire didn't believe the myths. She went to the local drug service, where she got counselling to help her work out why she started using crack, and acupuncture to help her cope without it. She's now drug-free and is doing voluntary work in the local community, which is making a real difference to her self-esteem.

Drugs. Treatment works.

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