

A letter from Turning Point's lived experience team

To the person reading this,

We know how frightening, uncertain and overwhelming it can be to stand where you are right now. The road to detox is never an easy one, and we wanted to say well done on surviving what you have to get here. It highlights your resilience and strength.

By entering detox, you're choosing to pause, breathe and start again. Whatever has brought you here, take the time to enjoy a much-needed break, to rest and re-align yourself before stepping back into the world.

As people with lived experience, we want you to know this. Asking for help is not a failure.

You are brave to put up your hand to ask for help.

So, what comes next?

There is no "right" way to do detox. From our own experience, some days will fly by, and others may feel long and difficult. At times - you may find yourself crying one moment and laughing the next. All of that is part of the process.

In moments of doubt, remember that tomorrow is often different, even though at times it may seem a long way away, and that there is more to learn about yourself.

You are more than a diagnosis, a label, or a mistake. You are not your past and you are not your worst day. Here at Turning Point, you will be treated with dignity, respect and compassion. We are here to support you through withdrawal, help you find your feet, and work alongside our medical staff to keep you safe and supported.

You won't be taking this journey alone. You'll have the opportunity to contribute to our community, and to ensure everyone gets the most out of their time with us.

We, the lived experience team, look forward to being a part of your stay with us. Like you, we carry many years of lived experience, but just as importantly, many years of recovery.

Because of that, we know that life in recovery is not only possible, but it can be a life you love.

Our hope is that, in time, you get the chance to discover that for yourself.

All the best!

Turning Point's Lived Experience team