

Isolation, despair and
survival:



'I have very low self-esteem
and don't care about myself.'



Isolation, despair and
survival:



'I don't care about being
healthy. I want to die, and
don't know why people try to
keep me alive.'

Engagement:



‘I could talk to the nurse about anything that was bothering me. It really helps to have the time to talk through your problems. When I’m talking to the nurse...its just as if I am talking to someone I have known for a very long time. There are no barriers as they don’t wear a uniform or anything like that.’

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Towards recovery
and well being:



‘The likelihood of me re-offending if I hadn’t had the gym to focus on was massive, but now I’m looking for work, going to the gym most days and have met a different type of people who aren't involved in drugs or crime. Thank you for this.’

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Towards recovery
and well being:

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‘I’m more likely to now buy and eat fruit than before, not sure it would be the full 5 portions, but at least more than before’.

‘When I saw the grapes it made me feel happy as it was really good fruit’.



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Towards recovery
and well being:



‘I liked the choice of fruit at the workshop...most of the fruit I’d never tasted before!’

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Isolation, despair and
survival:



‘Been neglecting myself for
a long time...I could be a
lot healthier.’

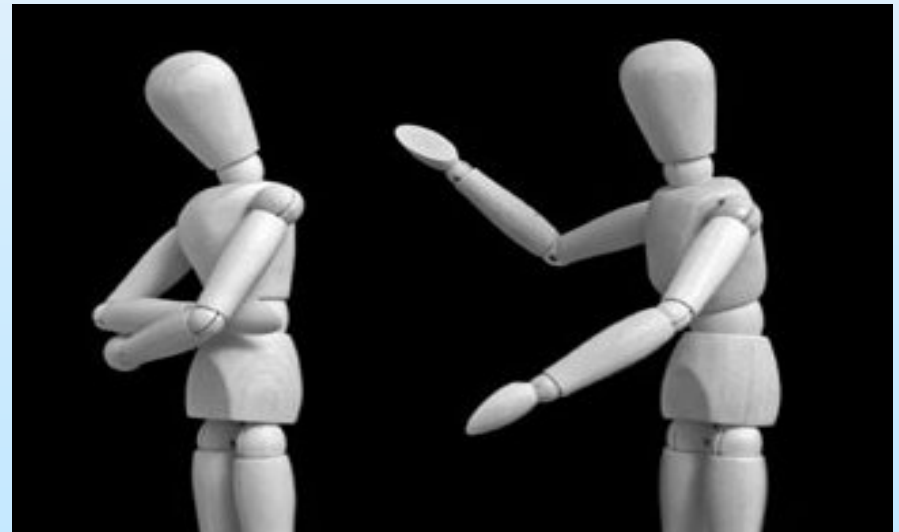
Isolation, despair and
survival:



‘I have shared needles and
put myself at risk...you
think about the risks for a
second, then you think
about the fix.’

Engagement:

‘The nurse has got time to listen to me...with the GP you are in and out in two minutes. Then all they do is say ‘yeh, yeh, blah, blah...and give you a prescription...they don’t really sort you out.’



Engagement:



‘The nurse is an amazing listener
and this is what I need’.

Engagement:



‘You need someone to talk to about things as much as you need medication.’

Towards recovery
and well being:

‘Before I got complacent, I got clean, then I would go back to where I was. Now its one step at a time. The most important thing is the time thing, now is the ‘right time’. I see things a lot more clearer – I have had enough.’



Towards recovery
and well being:



‘Made me realise it can
help me’.

‘I was treated as an
individual and not judged’.

‘They listen and take
people’s needs into
account’.

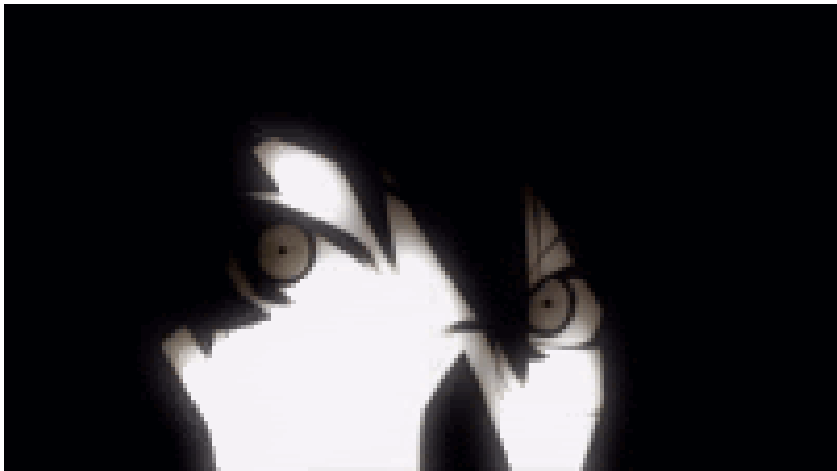
Isolation, despair and
survival:



‘Due to my mental health at the time of the offence I was extremely depressed and suicidal’.

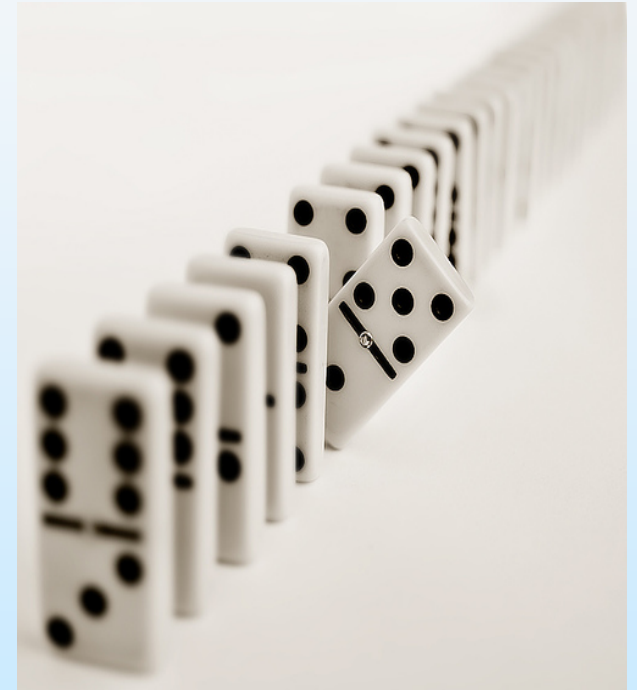
Isolation, despair and
survival:

‘I was a speed addict for four years
so I hardly ate anything and was
always awake, which led to paranoia,
then I was a heroin addict’.



Engagement:

‘It’s a very different service. When you talk to the nurse its so much different to talking to a nurse at a GPs, its like being on a conveyor belt there’.



Towards recovery
and well being:

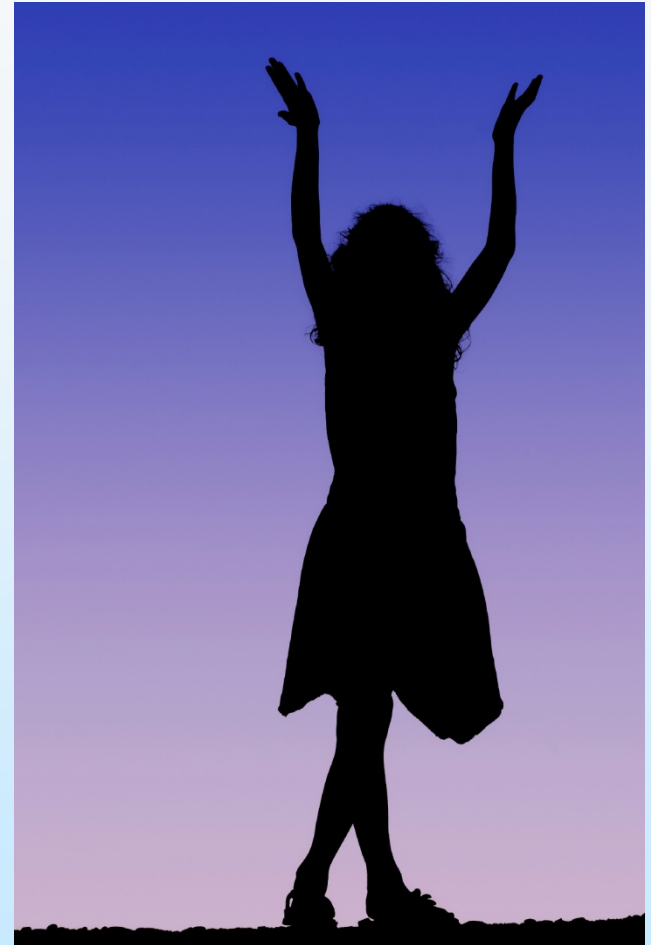
‘Only now do I realise how important health is...got into soft drugs at 18, then heroin had a bad effect on my life...I got into trouble...I decided I had to sort my life out...I am now seriously getting off the drugs and getting my life back’.

A POSITIVE SELF IMAGE



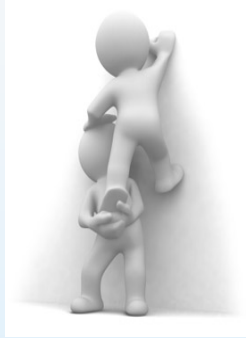
Towards recovery
and well being:

I am starting to feel good about something and excited and capable and that is a new feeling. I never used to make plans...I used to live day by day...I have now structured my life and feel there is something to live for.'



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The Health Support Service...towards a healthier future



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