

From Halifax heartache to helping addicts

Simon grew up in and around Halifax, neglected by alcoholic parents, he began to follow the same path and by the age of 13 knew he had a problem with drink. What followed was a turbulent life of drug dependence, dysfunctional co-dependent relationships and alcohol abuse.



“I knew that’s where I came from, I knew I was only happy when I drank.”

Simon’s aspirations at school were scant and a discontented working life ensued, always accompanied by a capricious state of mind, this all came to a head when Simon suffered a heart attack (more than likely due to decades of amphetamine and alcohol addiction).

His one saving grace being he had started attending Alcoholics Anonymous (AA) meetings. He could not curb his alcohol and drug use, but he saw the tangible proof in others that recovery was possible. Then the chance came that he needed, through a friend in the AA fellowship he was referred to Reflections. In his mind he needed to be taken out of society in order to address his issues - to heal.

“I felt supported from every angle.... I felt safe”

Simon felt at home in treatment, what he describes as a “Brotherhood”. He embraced the difficult tasks of doing the 12 steps and processing his childhood trauma with help of counselling. This convinced him to want to follow a path of helping fellow addicts face their complex mental difficulties.

“It’s fantastic being able to reach out to people in a situation that I can really relate to. Having the experience of receiving counselling during my own treatment, I now have the opportunity to pass that on.

I really look forward to completing my training and making a career of helping vulnerable people in addiction recovery using my new skills.”



Inspired to achieve

Rebuilding his future, Simon has completed training in ‘Psychological First Aid and Post Incident Debriefing’ with South West Yorkshire Trust Foundation. He is now training at the ‘Scarborough Counselling & Psychotherapy Training Institute’ on a 3-year course to become a relational Counsellor (where clients are helped to process their difficulties in the ‘here and now’), for which he is actively engaged with working with people in treatment. This, being a volunteer at Reflections and spending time with his partner and young son keeps Simon clean and content.