

## Drink, pass out, take some medication, drink, pass out.

I was sex-trafficked. I had a lot of issues with sexual abuse, physical abuse, and I escaped to alcohol. I remember thinking, 'I'm going to use this to kill myself. If it works, it works. If it doesn't, I'll keep trying.'

Going through rehab made me feel normal again. For the first time in two years, I felt safe. I could walk around, exercise, do my yoga, cry, feel, and I didn't need to use alcohol. It was no longer my escape, because I was given the tools I was longing for.

If I didn't get help, I would have been dead. I know that.

**This is a true story as related by M, who has stayed sober since 2015.**

