

How I ended up in Aspire

My life kind of spiralled out of control in 2018, the result of this is that I ended up in prison in May 2018 and was released in July 2019.

When I left prison I had to go back to live at my mother's, where my brother lives as well. Me and my mother haven't really had a good relationship because she was an alcoholic from the day I can remember and me and my brother are kinda the same because of his drug use.

So things in my family home were making my depression go through the roof and I decided to move to Livingston with my partner at the time. Unfortunately I had to move back to Glasgow in December 2019 as I was going through domestic abuse, physically and emotionally so I moved back to my mum's again.

My mood was so low and I felt that being in mum's was adding that so after two weeks of being back, I contacted the homeless team and a couple of hours later I was told to make my way to Aspire.

When I walked into Aspire I was very nervous and scared. My mood was so low but the staff made me feel really welcome.

I have now been here for six or seven weeks and my mental health has been so much better. I did have a small meltdown two weeks ago but my Key Worker, Mark sat and spoke it out with me and since then I've been my happy, bubbly self.

I love getting involved in things like movie nights, Sunday Brunch and other things that are going on. The staff in this building are the nicest people I've ever met and I know I can talk to them about anything. They really try their best for everyone.

I really do believe this place is helping me find myself and for once I can see bright future ahead of me. I actually want to go to college, something I've been afraid of doing for years. I suppose it's the staff I have to thank for that, for eggin' me on and telling me anything is possible.

So, Thank You! ☺

Colleen