


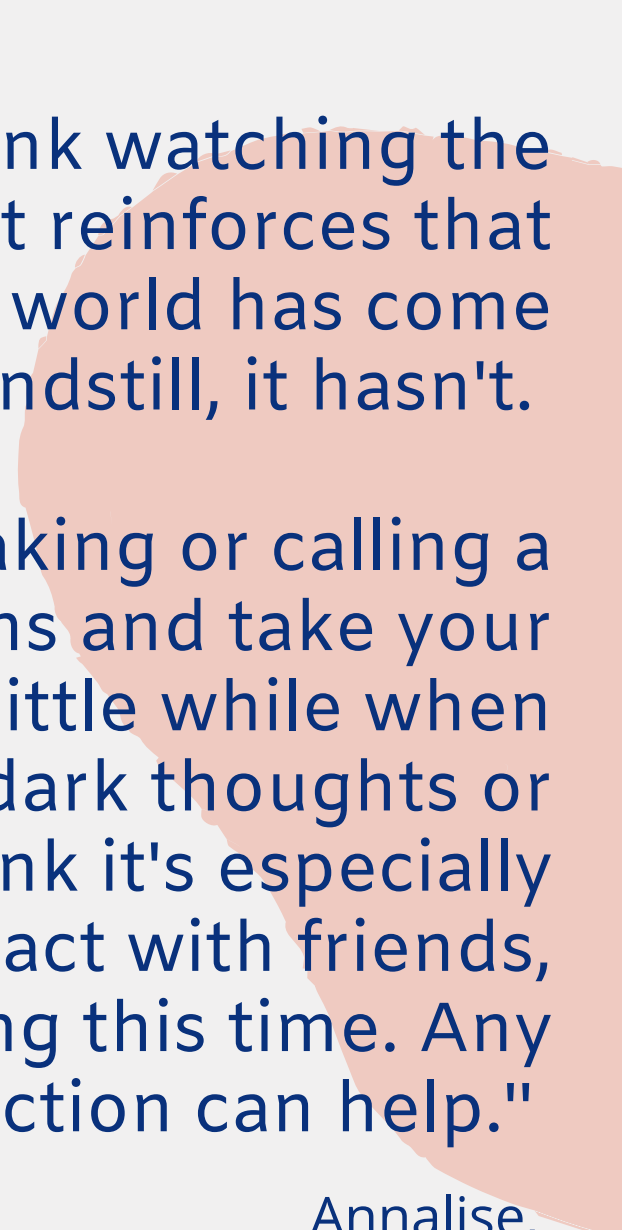
# Things you can enjoy instead...

Illustrations from a very talented  
service user





"I think watching the sunrise or sunset reinforces that although it feels like the world has come to a standstill, it hasn't.



Reading, baking or calling a friend are good distractions and take your full attention even for a little while when it comes to either dark thoughts or substance cravings. I think it's especially important to keep in contact with friends, family or support during this time. Any human interaction can help."



Annalise,  
MA Student in illustration and Barod Service User