

# Sinclair's story

"I was using drugs and started selling them when I was 22. It all started to go wrong, and I was stealing money from my mum. She asked me to leave and I became homeless.

People would let me sleep on their sofas, but one day my dad found me on the streets. He said 'get in the car, you're coming home.'

My mum had passed away by this point, so I only had him left. By looking in his eyes, it was clear that seeing me like that was ripping him to pieces.



"My mental health's improved a lot and I feel like a millionaire when I'm here – always listening to feedback, becoming independent and respecting boundaries."

**Sinclair,  
St Mungo's client**

I went to rehab and then was referred to a St Mungo's hostel and psychiatrist to make sure I had the support I needed, and started dealing with my emotions.

My counsellor introduced me to St Mungo's employment team, who helped me secure a voluntary position at a dog daycare. We feed, wash and play with them, as if they were our own.

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