

## DRINK AND DRUGS (page 36)

My name's Mike. I'm 23, and at the moment I'm trying to give up heroin. It's not easy. I mean, the trouble is – when you stop, you feel very, very bad. You get pains everywhere, you vomit, you shiver.

I started taking heroin when I was 17. Where I live, there were a lot of guys taking it. To be, you know, in with those guys, I really had to take it too – I mean, that's what they did in the evening, so... We'd, you know, dropped out of school and we

didn't have jobs. You need something good in your life. I think I felt bad about myself, I didn't respect myself. Also I suppose it was, you know, a rejection of my parents, my teachers... that whole generation. I mean, they were against it, so I thought it was good.

At first I smoked it. Then after about six months I started injecting it. When I give up, I don't know how I'm going to, you know, spend my time. I mean, at the moment I have something to do every day. I have to get some money, then I have to go out and buy the heroin. Then I come back here and I take it. I keep busy. And, I mean, all my friends are on heroin. Obviously I'll have to keep away from them.