

## Jane's\* story

### IAM RoadSmart drink drive case studies

It was the evening when I was caught. I'd had a particularly stressful day and was also suffering badly with postpartum depression, a recent divorce and caring full time for a family member in severely ill health. I thought a couple of glasses of wine would be ok.

I was two and a half times over the limit and while I knew I shouldn't drive, it was such a short distance I thought it wouldn't matter. But the impact of my conviction has been almost unbearable. Although this was my first offence, and despite never having been in any sort of trouble before nor having had any prior involvement with social services, the incident and conviction led to my children being taken into foster care.

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All I'd say to other drivers in the same position is just don't do it. Plan ahead so there's no possibility of you drink driving – your judgement changes easily after just one drink. And if you are struggling with depression or alcohol-related issues, don't be embarrassed or afraid to reach out for help.

I'm deeply ashamed of my actions and since the incident have joined Alcoholics Anonymous and become tee total. The risk simply isn't worth it.

