

Melissa's story

IAM RoadSmart drink drive case studies

Sitting in the cell terrified, all I could think was "this isn't me". It wasn't enough to stop me getting in the car after the pub though. It was in the early hours and my stuff was at a friend's house. I didn't think I was that bad. I felt quite sober. From what I can remember I'd drunk around six vodkas and shots.

I only had to drive two minutes up the road but I crashed within 10 seconds. I think if the people around me had told me "no!" it may have been different. But they didn't and it's only a couple of drinks, right?


I hit a kerb and was arrested by the police. Knowing I'd made a mistake, I admitted responsibility straight away.

"Losing my licence is like losing a leg."

Losing my licence is like losing a leg. I've got a four year old daughter and another on the way. I love to take her out and visit my family. That's so hard now. It's easy to become isolated.

Everything I've learnt from the course, I never knew before. I didn't realise how many units were in a drink, how many drinks you're allowed, or how it works through your body. I'd recommend the course to anyone and strongly believe it should be included as part of the driving test.

I'd rather pay for a taxi than risk my life, other people's lives and my relationship with my children. Surround yourself with people who encourage you not to do it. Don't take your keys with you, don't ruin your life. Having a car is a luxury. I'd never ever ever do it again.

A black silhouette of a woman standing with her back to the camera, set against a blue background.

'Surround yourself with people who encourage you not to do it. Don't take your keys with you, don't ruin your life.'

MELISSA