

Take the FebFast challenge

WIMMERA Drug Action Taskforce and former Horsham man Alistair Mitchell are encouraging residents to step up and take the FebFast challenge.

The taskforce's Sally Pymer said as a legal drink, people did not see alcohol as an issue, but it was a problem drug in the Wimmera.

"Many think it is only those who are homeless, dirty and with a bottle in their hand that have a problem with alcohol," she said.

"This couldn't be further from the truth. Alcohol is actually more a problem for those in the workforce who may go home after work for a couple of wines or beers."

Mr Mitchell said he had no idea what an issue alcohol was in his life until he gave it up in January last year.

"I found out I was suffering from depression and anxiety. I drank far too much. I was a raging alcoholic basically and doing drugs," he said.

"I quit everything in one

go and didn't know when I started it would be a catalyst for me to become the person I am now.

"From my the point of view, you see yourself and your body feel much better. You get to see the best version of yourself - you see a glimpse of what life can be like. One month and you couldn't measure how beneficial it'll be. We only get once chance at life. It's our best chance so why not try it?"

- SOPHIE BOYD

1/2/17 WMT