# "Where’s the problem in my life? … The one consistent thing that was there was alcohol"

As a young person in the bodyboarding community, Tyler became immersed in the partying and alcohol culture that came along with it. But alcohol didn’t just remain a social thing – Tyler came to associate alcohol as a ‘reward’, giving himself ‘permission’ to drink often.

Alcohol took over his mental health, and he realised he couldn’t cope anymore. Tyler knew it was now or never – he had to change before it was too late.

With a resolve to cut alcohol completely out of his life, Tyler has now been sober since 2020. He has once again reconnected with himself and the ocean.

**Watch Tyler’s journey of how he took back control of his life.**

https://vimeo.com/755343199

If you want to know more about how alcohol affects your mental health and how you can reduce your alcohol consumption, please click [here](https://fare.org.au/resources/alcohol-effects/).

*In the coming months, we’ll be regularly sharing stories like Tyler’s on our website.* [*Sign up to the FARE e-mail list*](https://fare.org.au/action/) *to receive similar stories.*

*If you have experiences to share – short or long – that can help people know they’re not alone, please share your story through our* [*Voices of Change project*](https://fare.org.au/voicesofchange/)*.*