

I started my flying career in 1996 at the age of 23. I had never considered myself an alcoholic, but when I drank I liked to get drunk. After 9/11, I tried outpatient with little success. We did not have a flight assistance program at our airlines and I thought I was the only person who was struggling with this disease.

Between 2001-2003, I struggled in and out of 5 different treatment facilities. Work gave me an ultimatum and I went to long term treatment. I have been sober for eleven years. We have now started a flight attendant assistance program at our airlines thanks to FADAP. It is a wonderful feeling to be able to connect and recover with flight attendants who are just like me.

Anonymous Flight Attendant-Southwest Airlines