



WHAT COMES TO YOUR MIND WHEN YOU THINK OF A HERO? DO YOU IMAGINE SOMEONE WITH SUPERHUMAN ABILITIES - WITH THE POWER TO DODGE BULLETS OR WALK THROUGH WALLS? MY FRIEND IS A REAL-LIFE SUPERHERO. SHE CAN READ MINDS, SHAPE THE THOUGHTS OF OTHERS AND BRING THE DEAD BACK TO LIFE. I CAN TELL YOU OF ONE LIFE SHE HAS SAVED - MINE.

How heroin crept into my life is something I cannot recall. What I do remember however, is how it made me feel. Like a siren's call, the memory of it lingers on at the back of your mind, beckoning you to return for another hit. It goes by many different street names - Junk, Smack, Big H, Ubat - but they all refer to the same deadly filth.

Within a few weeks, I was trapped. Not a pleasant feeling when you are aware of the downward spiral, yet powerless to do anything about it. I spent every waking moment in a delirious daze followed by an excruciating pain that ate into my bones. It was not long before I turned to borrowing and stealing so that I could feed my addiction. No one suspected anything - not even with my gaunt appearance or the sudden changes in my personality.

Only she saw through my disguise. I told her the truth and looked on with indifference as tears streamed down her face. Nothing really mattered to me at that point. It was as if I were already dead. I will never forget the moment she used her first superpower - and gave me a big slap on the face.

It was only then that I realised someone truly cared about me. She convinced me to receive immediate help. Together with the support of my family and a school counsellor, I was slowly lifted out of the grave. Gradually, she also influenced me to take up some of her favourite hobbies such as dance and badminton. As the drug-free days go by, I learnt to live my life healthily and was inspired to pursue my own dreams. Because of her, I realised that I now possess the power and confidence to take charge of my own future and be the captain of my destiny.

Real heroes walk among us - and they do not need drugs to be superhuman. One of them saved my life and helped me rediscover the strength I have within me to free my life from addiction.



YOU ARE BETTER OFF WITHOUT DRUGS. STAY AWAY.