# "It was condoned, it was encouraged": Workplace drinking culture and how sobriety changed James' life

*Content warning: This video discusses alcohol use, depression and other sensitive issues.*

When James had just started his career in his early twenties, it seemed that alcohol and the harmful drinking culture that came with it were an almost unavoidable part of the job.

As alcohol took a toll on his mental health, it was a conversation with his wife which motivated James to seek support.

Now, after almost 14 years of sobriety, James shares his experience of navigating pervasive drinking culture and how he decided to cut out alcohol altogether.

https://youtu.be/wpoQMgBi9No

**James will be showing his passion for running by joining FARE's team in the 2024 City2Surf.** **Find out how you can support the team**[**here**](https://fare.org.au/city2surf/)**.**

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