# "I didn't realise I'd soon be having the last conversation with him"

***Content warning:*** *This story contains references to death, alcohol use and other sensitive issues.*

Since Rachel's son Dylan passed away at 26-years-old from alcoholic liver disease, she has ensured his legacy will inform real action to help others facing alcohol harms.

At 18, Dylan developed a dependency on alcohol to cope with mental ill-health, but by his mid-twenties "it had taken everything from him".

Watch Rachel share Dylan's experience and explain why she's calling for health warning labels on alcoholic products.

To read more from Rachel, check out [her article](https://fare.org.au/rachels-story/) on the legacy Dylan wanted to leave.

https://youtu.be/Z735LD4de7o

##### If you or anyone you know needs help:

* [Lifeline](http://www.lifeline.org.au/) 13 11 14
* [National AOD hotline](https://www.health.gov.au/contacts/national-alcohol-and-other-drug-hotline-contact) 1800 250 015
* [Family Drug Support Australia](https://www.fds.org.au/) 1300 368 186
* [Medication Support & Recovery Service](https://msrs.org.au/): 1800 931 101
* [DirectLine](https://www.directline.org.au/) 1800 888 236
* [Gambling Help Online](https://www.gamblinghelponline.org.au/) 1800 858 858

*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/)