



Liz's Story

Member

Liz Sharpe

Reason for joining C2R

Mental Health, PTSD and Substance Misuse

Service Career

Army



Liz was diagnosed with PTSD due to her experiences in the military, her mental health catastrophically deteriorated, causing life to become extremely chaotic and confusing. Liz lost her job and her home, becoming increasingly isolated she felt she lost her friends, and community.

"I felt utterly alone, as though I didn't fit in anywhere, I lost all motivation, direction and purpose, and regularly suffered severe emotional and psychological breakdowns for many desperate and frightening years."

"Despite regular clinical treatment and support my recovery just didn't happen, eventually I totally lost my way and found myself in a dreadful place."

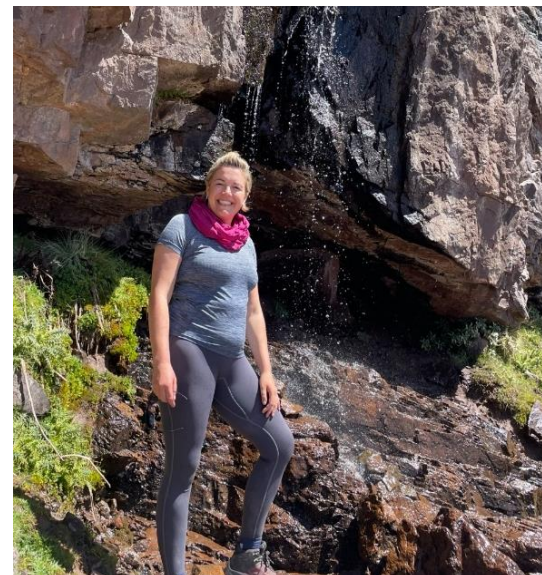
Our Support

At her lowest, Liz recognised she needed to change if she was to recover and survive. This is when she made the leap and joined her first C2R course in the Peak District in April 2020.

"I had no previous experience of rock climbing, though I have always had a passion for the outdoors and was a keen hiker in the military and beyond. I first heard about C2R through friends, but at that time I was too poorly, anxious, and unable to motivate myself to attend."

"When I finally took that first important step and joined C2R in the Peak District I was extremely nervous, but I immediately made friends, great and lifelong friends, I laughed like I hadn't laughed in years, and I truly felt like I was part of a caring, supportive and engaging community again."

Since then, Liz has attended numerous courses and expeditions with C2R all over the UK, throughout the Alps, Spain, and Morocco. Her self-confidence, self-esteem, health, and fitness have been transformed. Liz said, "I really look forward to C2R's regular programme of year-round activity, giving me something to look forward to, where I will learn some skills and have fun with new and old friends."



"I started making mates at C2R, even though it was hard at first, I've made some incredibly strong bonds and friendships. I now feel like a valued member of a great community and network of veterans".



My Situation now

Overall, my experience with C2R has been fantastic, Neil, Chris and Joe, as well as all the other members has been amazing. The climbing and instruction have been incredible, and the organisation and administration is always extremely professional. I really value all the opportunities C2R has afforded me, the way they have always encouraged, reassured and supported me, helping me to grow, recover and overcome challenges and adversity I thought impossible a few years ago.

“Whilst you are able to challenge yourself and push yourself mentally and physically, which is amazing, there is no expectation or pressure to do or achieve anything - you just go at your own pace and do what you feel you want to do”.

Personally, I am really pleased that all C2R courses and activities have a zero-alcohol and illicit drugs policy, which helps so many of us to remain focussed on properly looking after ourselves. Focussing on our recovery and getting the most out of the courses and climbing. I really enjoy meeting and welcoming new members whilst catching up with the existing members and my good friends, all of us helping each other along on our recovery journeys.

Pic. Liz with fellow C2R members, making new friends, whilst on a trekking expedition organised and led by C2R, to Morocco in 2023.



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Supporting the recovery of veterans,
through climbing and mountaineering

