



LEGACY  
HEALING CENTER

## **Legacy Healing Center Congratulates Singer-Songwriter Lily Allen as She Celebrates Two Years Clean and Sober**

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Margate, FL - The famous singer-songwriter Lily Allen announced in late July that she achieved a new milestone in her fight against addiction ? 2 years clean and sober. She told her fans on Instagram, ?Getting clean is the BEST thing I ever did.? Her recovery progress is an inspiring story for her fans and for people dealing with substance use disorder, serving as a reminder that treatment is effective and addiction can be beaten.

Allen says she started drinking at a young age in an attempt to self-medicate low self-esteem issues. She said, ?I started getting my value from the attention of others and that is something that has played out until relatively recently really.? In 2006, she started to experiment with other drugs which quickly escalated and led to further problems including co-dependence. By 2014, Lily said that she hit rock bottom after losing her marriage to Sam Cooper during the Miley Cyrus 2014 Bangerz Tour.

The culmination of Allen?s behavior made her realize that self-medicating her mental health issues were not sustainable. Lily?s final moment of truth came when she was considering taking heroin while on tour, she

said, "I remember being in LA and thinking like, "None of this acting out is working anymore. Maybe I should try heroin?." Thankfully, she decided to seek help before going down an even darker path.

With her 2-year sobriety achievement, Lily and her new husband David Harbour are both enjoying sober lives and her story serves to remind others that self-medicating mental health issues with drugs and alcohol will inevitably lead to more problems but professional help is always just a phone call away.

A representative from Legacy Healing Center – a leading addiction treatment center in Florida and New Jersey – commented on Lily's achievement saying, "celebrity sobriety stories are important because they help to further dissolve treatment stigma, making it easier for those suffering from substance use disorder to be inspired to find professional help and turn their life around."

Self-medicating mental health problems with drugs or alcohol is not uncommon. Biological addiction risk factors such as co-occurring mental health disorders account for roughly half of all addiction risk factors. Treatment for co-occurring mental health disorders is, therefore, a crucial element of effective addiction treatment.

Legacy Healing Center is an addiction treatment facility that understands how using substances to try to cope with mental health disorders can become a far-reaching problem. Their dual diagnosis treatment and holistic approach are aimed at healing the underlying causes of addiction so that long-term, sustainable recovery can be achieved.

As more celebrities share their addiction recovery success stories, people who are in the midst of active addiction are encouraged to seek professional treatment through accredited behavioral health centers like Legacy Healing Center. The mental health disorder known as addiction is not a life sentence but rather something that can be overcome through guidance and support from people who truly care.

Anyone can speak to a treatment specialist at any time by calling Legacy Healing Center at (888) 534-2295 or by visiting [www.legacyhealing.com](http://www.legacyhealing.com)

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For more information about Legacy Healing Center, contact the company here: Legacy Healing Center Travis Benfaida (954) 994-2965 2960 N, FL-7 STE 102, Margate, FL 33063 Margate, FL 33063

## Legacy Healing Center

*Legacy Healing Center - Alcohol & Drug Rehab & Detox is South Florida's #1 resource for drug, alcohol and prescription drug treatment.*

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