

Patron: The Right Hon. Baroness Corston



Founded 1984

**Recommended by Substance Misuse  
Management in General Practice  
(SMMGP)**

Lessening the harm caused by benzodiazepine  
tranquillisers and sleeping pills and drugs with  
similar effects

**Ring 0117 9663629 or  
0117 9412020  
or visit the website at  
www.bataid.org**

Chair: Professor Brian Pickering

UK Registered Charity No: 1056508

***BAT's aims are:***

- To help those who are addicted to benzodiazepines etc, and who wish to withdraw from them, to do so as comfortably as possible, and to help them make the necessary changes in life after withdrawal.
- To educate and inform all those who may come across the problem of benzodiazepine addiction, either personally or professionally, towards an understanding of the difficulties caused by this drug's actions and the compounding of these difficulties in withdrawal.
- To influence services in their prescribing, managing and supporting of clients who take/want to withdraw from, these drugs

***Support Groups***

Groups meet informally. *It is not necessary to be referred by a doctor.*

Groups meet in a spirit of mutual support to help anyone who wishes to consider the level of benzodiazepines etc they take or to come off these tranquillisers.

Anyone looking for help is very welcome to come along. Complete confidentiality is assured.

***Telephone Help Line***

Ring 0117 966 3629 or 0117 9412020  
in complete confidentiality

***Home Visits***

We can offer home visits, either one-to-one or with you, your family and/or friends.

***For further information:***

**Battle Against Tranquillisers  
PO Box 658  
BRISTOL BS99 1XP  
(0117) 966 3629 or (0117) 9412020**

**Tranquillisers and Sleeping Pills**

- ***Drugs prescribed on the NHS (which your GP can give you on an NHS prescription):***

<i>Chemical/Generic Name</i>	<i>Brand Name</i>
Chlordiazepoxide	Librium
Clonazepam	Rivotril
Diazepam	Valium
Loprazolam	Dormonoc
Lorazepam	Ativan
Lormetazepam	
Nitrazepam	
Oxazepam	
Temazepam	
Zolpidem	Stilnoct
Zopiclone	Zimovane
Zaleplon	Sonata

- ***Drugs now only available on a private prescription:***

<i>Chemical/Generic Name</i>	<i>Brand Name</i>
Alprazolam	Xanax
Bromazepam	Lexotan
Clobazam	Frisium
Clorazepate	Tranxene
Flunitrazepam	Rohypnol
Flurazepam	Dalmane

### ***What is the latest advice?***

Since 1988, the Committee on Safety of Medicines has recommended that benzodiazepines are only prescribed for anxiety that is severe and disabling. It recognises that benzodiazepines\* are physically addictive and that long-term use may cause many problems.

(\* The British National Formulary recommends that Zolpidem, Zopiclone and Zaleplon be treated like benzodiazepines due to their similarity).

### ***What are these problems?***

Many people believe themselves to be ill when, in fact, they are suffering from withdrawal symptoms.

### ***How can I be having withdrawal symptoms when I am on a steady dose?***

Your body gets used to the effects of the pills so quickly that, unless you keep increasing the dose, you start suffering withdrawal effects.

### ***What can I do about the effects?***

It is important, if you decide to cut down, or even come off, your pills, that you do so very slowly. This is not easy, which is why we are offering support groups and telephone help for you.

### ***What is a support group like?***

Our groups are friendly and welcoming. If you think you would like to come along, you can phone us and ask all the questions you want to. A lot of people are nervous at first,

and feel frightened that they will be pressurized into reducing the amount they take before they are ready. We believe everyone has to decide for themselves - we'll help you whatever you decide. Most groups are run by people who have come off pills themselves, and understand how frightening this can be.

### ***How can my doctor help?***

Because benzodiazepines have so many physical effects, you may need to ask your doctor to check any symptoms which worry you. Doctors are increasingly aware of the problems caused by benzodiazepines, and will be happy to help you.

### ***Where can I find the BAT Support Groups?***

There is a support group on Wednesday evenings at 6.00-7.30pm at:

**Bristol Mind  
35, Old Market Street  
Bristol**

**(5 minutes walk from Broadmead and buses)**

For information about this and other groups, contact:

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PO Box 658  
BRISTOL BS99 1XP  
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### ***Some of the most common effects that can be produced by benzodiazepine tranquillisers and sleeping pills.***

- feeling afraid
- panic attacks
- agoraphobia and claustrophobia
- depression
- sleeplessness
- feelings of anger and anxiety
- lack of concentration
- feelings of unreality/depersonalisation
- lack of confidence
- aches and pains (muscle tension)
- stomach and bowel problems - diarrhoea and constipation
- rashes
- giddiness
- jaw pains
- blurred vision
- flu-like symptoms
- exhaustion
- many people wonder why they have changed from being happy and outgoing, to being over-anxious and unconfident.