

IF YOU WANT MORE
INFORMATION, OR YOU'D LIKE
AN APPOINTMENT CONTACT:

BATTLE AGAINST
TRANQUILLISERS (BAT)

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Your Name:

Contact Tel No.

DID YOU KNOW THAT

Withdrawals from Benzos last longer than with any other drug?

Withdrawal symptoms are sometimes mistaken for a mental health disorder?

If different amounts of benzos are used each day, you will be in withdrawal, even though you haven't made a reduction?

WHAT ARE THE WITHDRAWALS FROM BENZOS?

Feeling afraid, anxious and panicky
Agoraphobia (not wanting to go out) and claustrophobia (not wanting to stay in)
Depression
Not sleeping
Anger
Difficulty in concentrating
Feeling unreal
No confidence
Muscle pain
Rashes
Giddiness
Jaw pain
Blurred vision
Flu-like symptoms
Exhaustion
Over sensitivity to sound, light, touch and taste etc:

It is dangerous to stop using benzos suddenly. This can cause seizures and suicidal feelings.

DO YOU KNOW ABOUT THE DANGERS OF INJECTING BENZOS?

Temazepam, when injected, can cause severe problems. It is highly irritant to the veins and people become very reckless in their behaviour. (The Safer Injecting Briefing)

Injecting benzos which are intended to be swallowed in tablet/capsule form, can cause severe vein and tissue damage, leading to ulcers.

Organ damage or stroke

Gangrene, leading to possible limb loss, is particularly linked to benzo injecting.

The injecting of benzodiazepines is associated with more HIV risk-taking. (Darke, Hall et al 1992)

Needle sharing leads to increased risk of HIV and Hep. C & B, blood poisoning (septicaemia) and skin abscesses.

