

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 visit the website at www.bataid.org

helpline: 08448269317

Chair: Dr Richard Lawson, MB, MRCpsych

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 08448269317

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

Tranquillisers and Sleeping Pills

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

Chemical/Generic Name Brand Name

| | |
|------------------|-----------------|
| Chlordiazepoxide | Librium |
| Clonazepam | Rivotril |
| Diazepam | Valium |
| Loprazolam | Dormonox |
| Lorazepam | Ativan |
| Lormetazepam | |
| Nitrazepam | Mogadon |
| Oxazepam | Serenid-d/forte |
| Temazepam | |
| Zolpidem | Stilnox |
| Zopiclone | Zimovane |
| Zaleplon | Sonata |

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

Chemical/Generic Name Brand Name

| | |
|---------------|----------|
| Alprazolam | Xanax |
| Bromazepam | Lexotan |
| Clobazam | Frisium |
| Clorazepate | Tranxene |
| Flunitrazepam | Rohypnol |
| Flurazepam | Dalmane |