



## HOW MUCH DO YOU KNOW ABOUT BENZODIAZEPINES (BENZOS) AND THE 'Z' DRUGS? Also known as:

Benzos  
Diazies  
Vallies  
Temazzies  
Blues  
Zops  
Moggies etc:

WANT TO KNOW MORE?  
CONTACT BATTLE AGAINST  
TRANQUILLISERS!

BAT: 0117 9663629.

[www.bataid.org](http://www.bataid.org)

## IS THERE A BIGGER OVERDOSE RISK WITH BENZOS?

Most fatal overdoses happen as a result of taking a mixture of heroin, alcohol and benzos. This is because all three suppress your breathing. Taking a mixture of three substances which make breathing difficult, increases your chance of fatal overdose considerably.

Did you know that

*'With recent benzo use the risk of fatal heroin overdose is 2.4 times greater than those with no evidence of use'*

*'If methadone is also being used, the risk is 10 times bigger'*

*(Benzodiazepines and Cocaine as Risk Factors in Fatal Opioid overdose: National Treatment Agency April 2007)*

BUT

Don't stop using benzos suddenly! This is dangerous and could result in seizures and suicidal feelings, as well as lots of other unpleasant symptoms. If you want to cut down or stop using benzos, you'll need lots of information and support, so contact BAT on 0117 9663629.

## DO YOU KNOW ABOUT THE LINK BETWEEN BENZOS AND RISKY BEHAVIOUR?

Using benzos clouds your thinking and affects your behaviour and decision-making skills. This makes it much more difficult to tell the difference between sensible and risky choices and can result in:

Shoplifting (*I felt I was invisible*)

Aggressive behaviour

Unstable behaviour (frequently misdiagnosed as Borderline Personality Disorder)

Memory loss (*people were telling me about things I had done, but I couldn't remember doing any of it'*)

Risk-taking behaviour (sharing needles, unsafe sex, unwise relationships)

Sometimes people who use benzos, particularly binge-taking, take risks for the thrill. (*I wanted to see what would happen if I walked out into the road without looking. I used to get onto trains without a ticket, just to see if I could get away without paying.*)

## 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.

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

BATTLE AGAINST TRANQUILLISERS (BAT)

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