



battle against tranquillisers

JUST A PILL

I took a few pills in my early years - it started as a laugh and it took away some of my fears,
Just a few temazies till I got my life in place - most kids go through a mad little phase,
I wasn't to know they'd change my life and mean more to me than my wife.
At first they gave me comfort like no other, In fact they seemed to love me like a mother,
It felt safe and warm with benzos at my side, but it was a bluff, a temporary guide,
At first they were with me when life was tough, then they turned on me and called my
bluff,

They twisted my mind and made me sick, I craved them more and needed them quick,
Feeling down and all alone – paranoid and restless my habit had grown,
Life was miserable I felt trapped and sad - but worst of all I thought I was going mad,
Without them I was stuck in the house, couldn't go out, I couldn't tell anyone they'd section
me without a doubt,

Benzos had turned on me and left me here - trying to cope with paralysing fear,
Couldn't tell anyone they'd take me away - couldn't get through another day,

My doctor didn't understand - my mental state had got out of hand,
I needed more and still felt crazy – the docs accused me of being lazy,
I phoned for help needing more - I couldn't face going out the door,
I needed prescriptions on repeat – stuck in the house unable to eat,

Sleeps disturbed and curtains drawn – the will to live had all but gone,
Bad boy benzos turned the screw - in the grips of insanity, not knowing what to do,
Darkened rooms disturbed and manic - 24/7 in a constant panic,
A ray of hope in the form of Battle against Tranquillisers – their information made me a
whole lot wiser.

With the support offered by BAT I came back to life and beat all that.