

## POEM AND PLEA TO THE BMA

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Please do a study on benzos  
To find out the harm that they do  
How they change quite reasoned people  
Into something that's totally new ...

It's not just the people you're changing  
It's all their friends and family too  
They just don't understand you  
And they find it hard to love you.

Before you administer benzos  
Here is a straightforward plea  
Do they have partners, or children?  
As you may split up their family ...

Ex-servicemen, prisoners and housewives  
In the same boat they share  
What they need is understanding and commitment  
With BAT there's a chance to get care

Not all are quite that lucky  
They lose all their children and friends  
Confined to a circle of misery  
Suicide could be their end.

Frightened to approach anybody  
Frightened to go out the door  
Trapped inside their own bodies  
When there's a whole world to explore.

I'm a carer who picks up the pieces  
Of just ONE person's shattered life  
Over 30 years of addiction  
Has caused so much trouble and strife

What's the support for a CARER?  
Once you've got their partner hooked  
You've just got to read the small print  
Please don't leave this overlooked.

I find it so very frustrating  
After decades of knowing their faults  
Benzos are still here among us, and misunderstood ...  
... so please halt.

So the next time you dish out these horrors  
Think honestly from within  
Would you give them to your mother?  
Or put them in the bin.