

Patron: The Right Hon. Baroness Corston



Battle Against Tranquillisers

Founded 1984

Lessening the harm caused by benzodiazepine tranquillisers and sleeping pills and 'Z' drugs

Peer Support Line 0117 9663629
(answering machine service when unmanned)
Calls will be charged at the rate your provider sets

UK Registered Charity No: 1056508
Chair: Robert Farrow
Battle Against Tranquillisers, Coniston Community
Centre, Coniston Road, Patchway, Bristol BS34 5LP

www.bataid.org
support@bataid.org

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 Peer Support Line

Ring **0117 9663629**

In complete confidentiality

Calls will be charged at the rate your provider sets

Tranquillisers and Sleeping Pills

Drugs prescribed on the NHS (for which your GP can give you on an NHS prescription)

Chemical Name	Generic/Brand Name
Chlordiazepoxide	Librium
Clonazepam	Rivotril
Diazepam	Valium
Loprazolam	Dormonoc
Lorazepam	Ativan
Lormetazepam	
Nitrazepam	Mogadon
Oxazepam	Serenid-d/forte
Temazepam	Stilnoct
Zolpidem	
Zopiclone	Zimovane
Zaleplon	Sonata

Drugs now only available on a private prescription

Chemical Name	Generic/Brand Name
Alprazolam	Xanax
Bromazepam	Lexotan
Clobazam	Frسيوم
Clorazepate	Tranxene
Flunitrazepam	Rohypnol
Flurazepam	Dalmane

What is the latest advice?

Since 1988, the Committee on Safety of Medicines has recommended that benzodiazepines are only prescribed for anxiety that is severe and disabling. It recognises that benzodiazepines* are physically addictive and that long-term use may cause many problems.

(* The British National Formulary recommends that Zolpidem, Zopiclone and Zaleplon be treated like benzodiazepines due to their similarity).

What are these problems?

Many people believe themselves to be ill when, in fact, they are suffering from withdrawal symptoms.

How can I be having withdrawal symptoms when I am on a steady dose?

Your body gets used to the effects of the pills so quickly that, unless you keep increasing the dose, you start suffering withdrawal effects.

What can I do about the effects?

It is important, if you decide to cut down, or even come off, your pills, that you do so very slowly. This is not easy, which is why offer a support group and telephone helpline

How can my doctor help?

Because benzodiazepines have so many physical effects, you may need to ask your doctor to check any symptoms which worry you. Doctors are increasingly aware of the problems caused by benzodiazepines, and will be happy to help you.

What is a support group like?

Our group is friendly and welcoming.

If you think you would like to come along but have questions, you can phone us and ask us anything you want to. A lot of people are nervous at first and feel frightened that they will be pressurised into reducing the amount they take before they are ready. We believe everyone has to decide for themselves - we'll help you whatever you decide. There is no need to book or contact us beforehand – just come along.

Where is the BAT Support Group?

We currently run a support group, mainly (but not exclusively) for people who live in Bristol or South Glos. This is an informal group and it is not necessary to be referred by a doctor.

Naturally, we expect those who attend groups to respect confidentiality and to acknowledge the right of everyone to be given time and support.

Location:

Gloucester House, Southmead
Hospital, Bristol BS10 5NB

Day and time:

Thursdays, 14:30 – 16:00

Some of the most common effects that can be produced by benzodiazepine tranquillisers and sleeping pills.

- feeling afraid
- paranoia
- panic attacks
- agoraphobia and claustrophobia
- depression
- sleeplessness
- feelings of anger and anxiety
- lack of concentration
- feelings of unreality/depersonalisation
- lack of confidence
- aches and pains (muscle tension)
- stomach and bowel problems - diarrhoea and constipation
- rashes
- giddiness
- jaw pains
- blurred vision
- flu-like symptoms
- exhaustion
- Self-harm and suicidal feelings and actions.

many people wonder why they have changed from being happy and outgoing, to being over-anxious and unconfident.