



Battle Against Tranquillisers

**Battle Against Tranquillisers**  
Coniston Community Centre  
Coniston Road, Patchway  
Bristol BS34 5LP  
Tel: 0117 9663629  
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[www.bataid.org](http://www.bataid.org)

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## BAT Support Group

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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.

Anyone looking for help is very welcome to come along. The group offers mutual support to help anyone who wishes to consider the level of benzodiazepines etc. they take, or who wishes to stop taking them altogether.

There is no pressure as we encourage clients to be in charge of their own withdrawal. We are always very happy to see those who have not yet made their minds up about coming off. We also welcome family, friends and carers who might like more information.

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



UK. Registered charity no: 1056508  
Chair: Robert Farrow  
Patron: The Right Hon. Baroness Corston





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Coniston Community Centre  
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Peer support line: 0117 9663629  
Professional enquiries: 07483390276  
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