

Tolerance can develop after just 6 months of use, but it is possible to become physically dependent sooner. One study estimates that up to 44% of chronic users become dependent.

# BENZODIAZEPINES



## THE FACTS

**Benzodiazepines are the most commonly prescribed sedative drugs. They may be short or long acting. Valium is the most widely used benzodiazepine in the UK. In addition to prescribed medical use, benzodiazepines are also used recreationally in the UK.**

**They work by increasing the levels of a brain neurotransmitter called GABA (Gamma Amino Butyric Acid). GABA has a calming effect on the brain.**

**They relieve anxiety and tension and can make people feel more calm and relaxed. Effects begin around 30 minutes after taking and can last for up to 6 hours.**

**If you are concerned regarding your benzodiazepine use, please scan the QR code below or call 01253 311431**



For 25s and over



For under 25s

**HORIZON**  
Alcohol, drugs & sexual health support



DrugWise

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# RISK AND HARM REDUCTION

As with all drugs it is best to take benzodiazepines with people you trust rather than on your own and to start with a small dose and wait.

Benzodiazepines should never be stopped suddenly. Always reduce their use gradually with your doctor's supervision.

Alcohol can interact with benzodiazepines so is best avoided, as is using different types of benzodiazepines together.

The effect of slowing reactions and making people drowsy can make accidents more likely. It can be dangerous to drive while on tranquillisers.

There has been an increase in fake tablets sold as diazepam (valium) containing adulterants. Avoid using prescribed drugs if they are not prescribed to you and start any new packet with a tester dose.

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