



BENZODIAZEPINES

WHAT ARE BENZODIAZEPINES?

Benzodiazepines (benzos) are sedative and anti-anxiety drugs that are used to treat anxiety and insomnia. There are many brands and strengths. For example, diazepam, temazepam.

Most benzos are prescribed by a doctor. But illegally obtained benzos can be purchased online.

EFFECTS

Benzos will stay in your body for different lengths of time. For example, temazepam effects last for 7-8 hours and is used to treat sleeping problems while diazepam effects last for 12 hours or more and is used to treat anxiety.

THE RISKS

It's possible to get addicted to benzos.

However, you are less likely to take the lowest dose that helps your health problem. It is not recommended to use benzos for longer than 4 weeks.

Illicit or fake benzos bought online or obtained without a prescription can contain more dangerous substances. The unpredictable content and potency can cause overdose and death.

THE LAW

If you have a prescription for benzos, you have nothing to worry about. Unlawful possession and supply of benzos is illegal

TOP TIP

Do not use benzos for longer than 4 weeks and do not drink alcohol or take other drugs when taking benzos.