

Benzodiazepines



Known as

Benzos, Valium, Xanax, vannies, xannies, blues, diazepam, bromazepam



How it's used

Taken orally in tablet form. Some people may crush the tablets up to snort or inject



How it can make you feel

Calm, relaxed, sleepy, uncoordinated, loss of memory and concentration



How long it lasts

Depending on the type, the effects are felt after around 30 minutes and last 1 – 4 hours



Important to know

Benzodiazepines are depressant drugs prescribed for anxiety and insomnia, slowing the central nervous system. Street versions may look real but are often contaminated.



What it can do

- Increase risk of blackouts and memory loss
- Cause overdose, especially when combined with other depressants such as opiates or alcohol
- Impair motor coordination and drowsiness
- Lead to dependency
- Cause withdrawal symptoms that can be dangerous

How to reduce the risks

- Start with a low dose and take it slow
- Avoid mixing with other substances
- Choose safer methods of use such as swallowing, rather than snorting or injecting
- Use your own snorting tube and don't share with others
- If you choose to inject, contact your local service to pick up sterile equipment and get safer injecting advice
- Don't stop suddenly as you may experience withdrawal symptoms, which can be fatal
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk

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