



For better
mental health

MIND IN CAMDEN'S Minor Tranquilliser Service

SLEEPING PILLS/BENZODIAZEPINES

Funded by Camden & Islington PCTs 

Do you need support to communicate in English?

We speak several languages other than English. However, please check in advance to see if you will need an interpreter to access the service.

Mind in Camden

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London NW1 9LQ

The Minor Tranquilliser Project has since 1988 provided support for people who experience difficulties due to their benzodiazepine use. These include drugs such as Valium, Temazepam and other sleeping pills including 'Z' Drugs.

Drugs prescribed on the NHS:
Chemical/Generic Brand Name

Chlordiazepoxide Librium	Nitrazepam
Clonazepam Rivotril	Oxazepam Temazepam
Diazepam Valium	Zolpidem Stilnoct
Loprazolam Dormonocot	Zopiclone Zimovane
Lorazepam Ativan	Zaleplon Sonata
Lormetazepam	

Drugs now only available on a private prescription:
Chemical/Generic Brand Name

Alprazolam Xanax	Clorazepate Tranxene
Bromazepam Lexotan	Flunitrazepam Rohypnol
Clobazam Frisium	Flurazepam Dalmene

All these drugs are prescribed to treat stress, anxiety, insomnia or as a muscle relaxant. They are safe and effective when used for short periods, but may cause problems if they are used for more than 2-4 weeks.

- ◆ Side effects can be unpleasant and distressing. They may include forgetfulness, depression and digestive problems.
- ◆ Minor Tranquillisers can cause dizziness or drowsiness. If this happens, you should avoid driving or using dangerous machinery, even in the home.
- ◆ Alcohol will make symptoms worse, so try not to have a drink whilst on medication.
- ◆ Withdrawal symptoms may include: panic attacks, anxiety, nausea, fits, insomnia and, rarely, hallucinations. You should not stop taking this medication suddenly.

Our Service.....

Mind in Camden's Minor Tranquilliser Service exists to support people from Camden and Islington who may be experiencing difficulties due to Benzodiazepine dependency. These include:

- ◆ People taking prescribed minor tranquillisers
- ◆ Carers, friends and relatives of users
- ◆ People using minor tranquillisers illegally
- ◆ People using minor tranquillisers in combination with other drugs

How can we help you.....

- ◆ Advice, information and counselling on how to stabilise, reduce or withdraw from minor tranquillisers

We provide.....

- ◆ **Free Counselling:** confidential counselling, long and short-term
- ◆ **Support Groups:** users and ex-users meet to exchange experiences, discuss problems, gain mutual support and benefit from group therapy
- ◆ **Advocacy:** GPs, other prescribers and benefits agencies
- ◆ **Outreach:** talks and presentations to community groups and professionals to promote a better understanding of minor tranquillisers and their effects.
- ◆ **Family Support Scheme:** a support group is held every month to support carers, friends and relatives of users.

Referrals can come from any source, including self-referrals.

For more information please call Melanie Davis on 0207 241 8980 or email mdavis@mindincamden.org.uk

We will be sympathetic to your situation and offer you encouragement and support