

## Benzodiazepine Support Group



**SOME PRESCRIBED  
DRUGS CAN BE  
ADDICTIVE**

**Benzodiazepines are drugs sometimes prescribed for the treatment of anxiety, panic, agitation, insomnia or seizures.**

Common benzodiazepines include diazepam (Valium), lorazepam (Ativan), temazepam and nitrazepam.

Similar drugs are commonly referred to as 'Z drugs' and include zopiclone and zolpidem.

Regular use of benzodiazepines or similar drugs for more than 4-6 weeks can cause tolerance and dependency, and you may experience withdrawal symptoms if you stop taking them suddenly.

The Bridge Project's Benzodiazepine Specialist Worker is establishing a support group for people in the Bradford and Airedale area who are currently taking benzodiazepines or Z drugs, or who wish to withdraw from their benzodiazepines or Z drugs in a safe and controlled manner.

In the support group you will be able to meet people like yourself who may have been taking these drugs for a long period of time, and you will also be able to speak to people who have successfully stopped taking these drugs with the support of their doctor.

The group offers a confidential, supportive and informal environment in which people can discuss issues relating to their benzodiazepine or Z drug use and possible withdrawal.

**The group meets on the second Tuesday of every month between 5.30pm and 6.45pm at the Unity Recovery Centre, Manningham Lane in Bradford.**

**Please call us on 01274 715 860 and ask for Debra Fielding  
Specialist Benzodiazepine Worker**

**Mobile - 07920 815 406**

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