



## TRANQUILIZERS:

Tranquillisers are man-made drugs that are produced to treat anxiety, depression and insomnia. There are hundreds of different tranquillisers around but most common are the Benzodiazepines (also known as Valium).

These drugs are prescribed by a doctor but can be bought illegally.

**Slang:** Street names for drugs can vary by region. **benzos, moggies, mazzies, roofies, downers.**

## Appearance and use

Tranquillisers come as tablets, capsules, injections or suppositories (tablets you insert up your anus). They are used to 'chill out' at raves and clubs but are also used as a 'come-down' from other drugs such as acid or ecstasy.

## The effects

- Tranquillisers have a sedative effect and slow down the way the body works.
- They make you feel relaxed and calm, and can often send you to sleep.
- Tranquillisers or benzodiazepines can cause psychological and physical addiction and, because tolerance increases over time, you have to keep increasing the dose to get the same hit.

## The law

Tranquillisers are controlled under Class C of the Misuse of Drugs Act and can only be prescribed by a doctor. It's illegal to possess benzodiazepines, including temazepam, without a prescription. You can receive up to 2 years in prison for possession and 14 years for supply for you and your friends.

## Purity

Most tranquillisers that are available on the street are sold by people who already have a prescription for the drug from their doctor or they've been taken from a hospital or pharmacy.

## The risks

- Benzos in particular are highly addictive.
- Tranquillisers are a depressant and if taken with other depressive drugs like alcohol, can lead to an accidental overdose.
- Some tranquillisers have been shown to cause short-term memory loss.