

SLOW DOWN

**Tolerance to benzos
can build up quickly.**

**If you choose to take drugs:
Start low. Go slow.**

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Some benzodiazepines are available on prescription to help manage conditions relating to sleep and anxiety disorders. When not used as prescribed they can have a negative effect on mental health. You can't be sure of the contents if the pills you are taking have not been prescribed.

Strength can vary even between pills from the same batch/packet if unlicensed, even if the pills look the same. It can take longer for the effects of some benzos to come on and pills could contain a mix of different benzodiazepines. This can make it difficult to judge your dose and manage your tolerance.

Just say know. Test substances if you can. Take a small test dose, wait two hours before taking any more and avoid mixing with other drugs - including alcohol.



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Sudden withdrawal can be painful and even fatal