



## **Tranquillisers, Tranks, Downers, Bennys.**

### **What is it?**

There are literally thousands of different prescription tranquillisers on the market and they generally come in tablet or capsule form. Many are benzodiazepines, THE MOST COMMON OF WHICH ARE Flunitrazepam, Diazepam, Lorazepam and Temazepam. They are sometimes circulated on the black market among addicts.

### **The highs**

They reduce stress and anxiety and help restful sleep.

### **The lows**

Tranquillisers should only be used under medical supervision. Used unsupervised, they can cause tiredness, drowsiness and mood swings. They can be addictive and overdosing can be dangerous, but seldom fatal. However, if they are combined with alcohol then a fatal dose is reached at a much lower level.