

Benzodiazepines Harm and Reduction

Addiction; serious withdrawal symptoms

If using for extensive periods, don't withdraw suddenly

Don't use for extended periods if possible

Tablet formulation

Don't inject
if injected, filter thoroughly

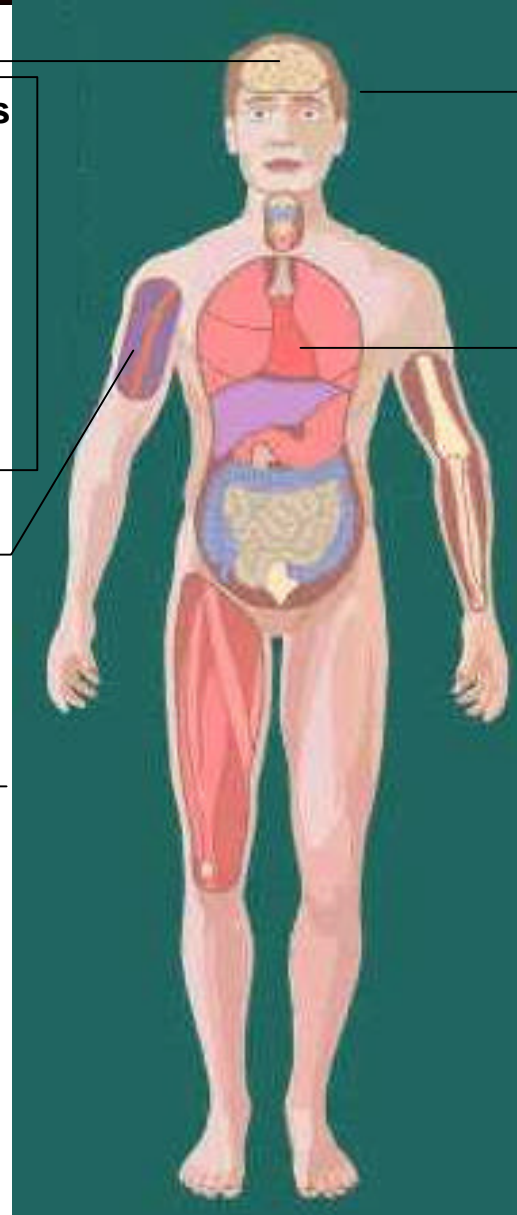
General:

Know tablet strength

don't mix

Don't use continuously

Seek medical help in withdrawal



Risk of accidents, falls, trauma
Don't drive, operate machinery etc

Risk of Overdose
Avoid mixing with opiates, alcohol