

Benzodiazepines

AKA: benzos, Valium:
blues, vallies Temazepam:
eggs, Temazies,

Law: Mostly Class C,
Schedule 4i

Popularity 0.7% 16-24 yr olds
used in last year (non
prescribed)

Cost: 50p - £1 if
bought on street

Method of Use:
swallowed, some
people inject them

Source: prescribed,
internet, street

Duration: 2-12hrs+
depending on type

Indicators: drowsy,
slow reactions, calm

Effects: +ve: relaxation, calm,
drowsiness
-ve Anxiety, disinhibition, anger

Risks: dependency, overdose
(espec. If mixed with alcohol)
reckless behaviour

