

Benzodiazepines

AKA: *Benzos, tranx, downers, sleepers*

Valium, *blues, vallies,*
Xanax Alprazolam, Xans, Xs
Etizolam, Phenazepam

Temazepam: *eggs, Temazies*

Flunitrazepam: Rohypnol, *Rufies,*
and many other brands/names

Popularity 0.6% 16-24 yr olds used in last year (CSEW 2019-20). Down from 1.3% in 2017-18 which doesn't seem credible.

Method of Use: swallowed, less often injected or snorted

Dose Range: 30-35mg/day Diazepam upper level for adult prescribing; street doses many times higher

Quality: pure if prescribed; internet-sourced & street benzos widely faked; vary in quality and strength

Duration: 2-200hrs+ depending on type. Long acting ones more prone to causing dependency.

Effects: +ve: relaxation, calm, drowsiness, mild euphoria, relaxed muscles
Emotional detachment, depersonalisation
-ve Anxiety, disinhibition, anger, amnesia



Law: Mostly Class C, Schedule 4i.
Rohypnol and Temazepam: Schedule 3;
Any newer benzos not covered by MoDA automatically covered by the PSA

Profile: Depressants;
hypnotics, anxiolytics,

Mechanism: act on Benzodiazepine (BZ) receptors to increase effects of GABA which reduces electrical activity in brain

Source: prescribed,
internet, street

Cost: 50p - £1 if bought on street

Indicators: drowsy, slow reactions, calm

Risks: dependency, overdose (espec. if mixed with alcohol or opiates); Reckless behaviour; Fake drugs, Dangerous withdrawals

Additional information non-prescribed use of benzos widespread. Large number of NPS benzos emerged and some like Etizolam remain widespread. Benzo treatment in UK poor. Many will not show up on urine screens.