



NEW BENZODIAZEPINES IN IRELAND

New substances and mixtures of substances have been found in benzodiazepines (benzos) in Ireland. These substances are riskier to take.

- **Sourcing without a script:** You can't trust the contents/strength or how you will react if you buy from a dealer or online
- **Packets 'blister packs':** Won't guarantee the contents or dose
- **New/high strength drugs :** Can mean a greater risk of overdose, bad mental health experiences or suicidal feelings
- **Mixed tablets:** Tablets could contain a number of different substances in one
- **Be extra careful.** Start with a small test dose and wait at least 2 hours
- **Avoid using with other substances,** with alcohol or prescription medication
- **Don't use alone.** If using, let someone know

Don't be afraid to get medical help on 112/999 if you or a friend becomes unwell or feel suicidal after using.

Tolerance to benzodiazepines develops quickly. Don't reduce your use without medical support

For more information go to [Drugs.ie/newbenzos](https://www.drugs.ie/newbenzos) - HSE Drug and Alcohol Helpline 1800 459 459 Monday – Friday 9:30 am – 5:30 pm