

# TRAINING

## Introduction to Benzodiazepines (Level 1)

This course is for health practitioners and other professionals who come into direct contact with clients either face-to-face, over the phone or online, who use prescribed drugs (including benzodiazepines, Z drugs, sleeping pills, Pregabalin, Gabapentin and opiate-based painkillers). (Duration 4-hour course).

## Level 2

This course is for nurses and GP's.

# CONTACT US



0117 9663629



support@bataid.org

www.bataid.org

Battle Against Tranquillisers  
1st Floor, East Wing,  
The Kingswood Estate,  
Britannia Road,  
Kingswood.  
Bristol  
BS15 8DB

Registered Charity No.  
1056508

# Our services



Overcoming prescription  
drug dependence

Battle Against  
Tranquillisers is  
changing it's name to  
**'PostScript 360'**

Registered Charity No. 1056508

www.bataid.org





# TELEPHONE SUPPORT SERVICE

For clients who live outside our local group therapies. The telephone support service is for individuals who want to withdraw safely from Benzodiazepines (Benzos) and other similar prescribed drugs, or are still experiencing withdrawal symptoms (10 percent of people who used Benzos still feel withdrawal symptoms years after they have stopped taking them).

## What happens when you call?

1. Triage by telephone.
2. A tailored assessment and recovery support plan to withdraw safely or for those who still have withdrawal symptoms, a listening and support service (duration of call 60 mins).
3. Weekly scheduled one to one telephone calls with the practitioner offering support, advice and counselling throughout their journey of withdrawal (duration of call 20 - 30 minutes).
4. The telephone support service is available to clients for approximately 2 years.

# THERAPY 300

This service is for clients who want to withdraw safely off Benzodiazepines (Benzos) and other similar prescribed drugs and to improve their emotional and social well-being.

## How to join up?

1. Triage by telephone.
2. A tailored assessment and recovery support plan is conducted with the client and the practitioner (duration of one to one appointment 60 - 90 mins). Practitioners are available by telephone to support the client's recovery, plus an advocacy service liaising on behalf of the client to their GP and other health services.
3. Group therapy - 10 steps is part of the recovery support plan, each step has 30 credits, 300 credits to complete Therapy 300. (Group session duration 60 - 90 mins, on a weekly basis over 12-18 months).
4. The 360 Club is a peer to peer support group, for clients that may have lingering withdrawal symptoms but no longer need the weekly group. The aim of the 360 club is encouraging self-help, recovery and personal growth. We believe people are helped when they can share their problems with like-minded people who understand better than any professional what it really feels like to withdraw from Benzos.

## Suggested donation towards services (all costs are subsidised by the charity)

### Therapy 300

Employed	Retired	Universal Cred PIP
£60-£100 pm	£50-£100 pm	£30-£60 pm

### Telephone Support Service

Employed	Retired	Universal Cred PIP
£60-£100 pm	£50-£100 pm	£30-£60 pm

### Training

Level 1- £150 per person

Level 2 - £400 per person

\* Concessions available for charities, students and volunteers.

We receive no government or NHS funding, we ask clients to contribute towards the cost of their therapy. **We aim never to turn anyone away, due to their financial circumstance.**