

For drugs help and advice

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This film and booklet are part of a benzodiazepine awareness campaign.
Wobbly Stan is based on the experiences of service users in Redcar and Cleveland.
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Here comes trouble ... Stan's on the Wobble!



Wobbly Stan

The Benzo man



A little book and DVD about the 'street' use of benzodiazepines

Benzodiazepines

Benzodiazepines are a group of drugs that are prescribed by doctors for sleeping problems and to help reduce anxiety. There are other drugs with similar effects known as **z-drugs** (zimmers).

There are many different types of benzodiazepines (called benzos for short) and many different brand names. The most common one is called **diazepam**.

They are usually small round tablets and come in different strengths (2mg pills are white, 5 mg pills are yellow and 10mg pills are blue).

When sold on the street they are known as blues, benzos, valies, diazies, wobblies, Roches, Manos, charge sheets etc.

Much of what is sold by dealers or bought from the internet are fakes. So you never really know what you are buying or how strong it will be.

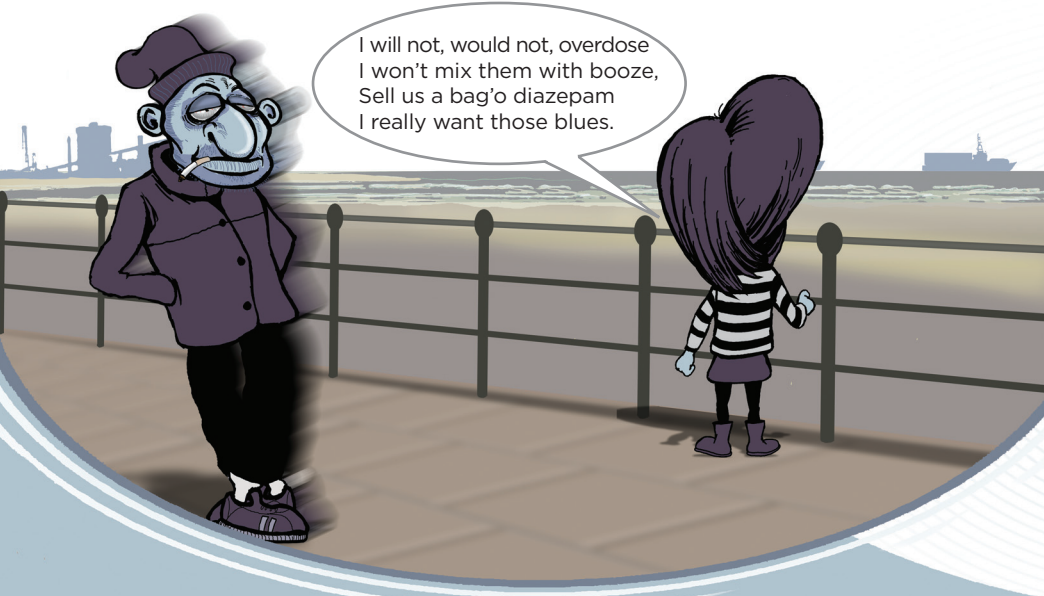
We asked some experienced benzo users what advice they would give to newer users or those thinking about using benzos for the first time. The result is this little book and DVD.

Oh please, please Wobbly Stan
Sell me a bag of diazepam,
Roches, Manos or z-drugs will do
All I want is a boss bag of blues.

No, no, no, young Bee McCree
You will not score those drugs from me,
Let me help you understand
Some things about **diazepam**.



There is just no guarantee, how strong your pills will be
You could **overdose** and die while you are on it,
Mix with booze or smack, then fall asleep upon your back
You could choke to death and drown in your own vomit.



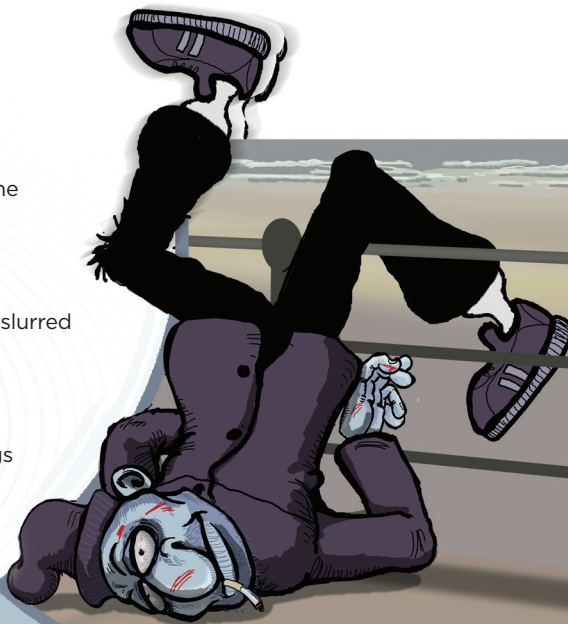
I will not, would not, overdose
I won't mix them with booze,
Sell us a bag'o diazepam
I really want those blues.

You can overdose from using too many benzos, which is much more likely if you use them with alcohol, heroin or other drugs that make you sleepy. Don't let friends sleep on their backs, as they could choke to death if they vomit. (See page 14)

It feels a bit like being drunk
But just a little weirder,
You feel relaxed, your boredom's gone
Your worries disappeared-er.

You roll around like a drunk at sea
It's hard to stay upright,
Your eyes are blurred and words are slurred
You talk a load of . . .

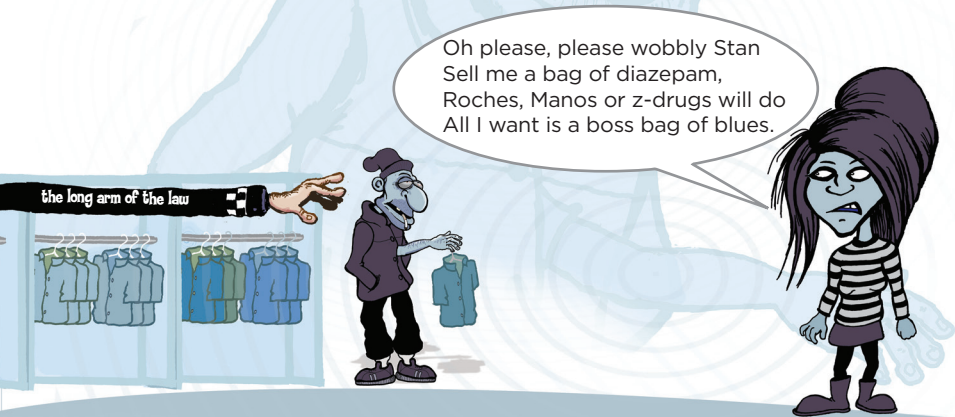
Accidents they happen
I'm bruised and full of cuts,
I've ripped me kecks, right up me legs
And really squashed me . . .



Using benzos, particularly if taken with alcohol often result in accidents and injuries. Obviously you should not drive when you are on benzos.

My family stay clear of me
When I'm on a wobble,
I'm on the rob, act like a knob
Always ends in trouble.

I take more when I go grafting,
No worries or cares at all,
It makes me think that I'm not here
I've become **invisible**.



Benzo's stop you thinking straight. One of the stranger effects is believing that you are invisible. Some end up shoplifting or stealing because they don't think they will get caught.



A switch flips over in your head
You explode with **rage** and fury,
Wake up in a hospital bed
Or stood up before a jury.

Drinking booze and taking benzo's can cause outbursts of serious violence. One type of strong benzo got its nickname because the next thing you remember after taking them, is waking up in a police cell and being read your 'charge sheet'.

I don't want to tease yer, but blues cause **amnesia**
They take all your memories away,
Just as a warning, when I woke up this morning
I'd lost all the last seven days.

My mind was a blank, I cannot recall
I've no record of what I had done,
The room was full up with tins of sardines
And a flagpole was rammed up me . . .



Benzos cause long
and short term
memory loss.



Even those, who get their dose,
From the doctor on a prescription,
Can pretty soon find that they
Are gripped by the claws of **addiction**.

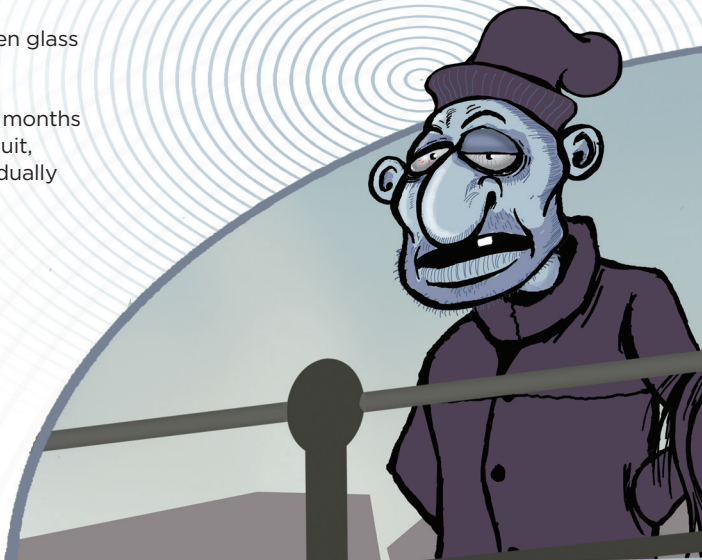
So take it from me, young Bee McCree
Here is a short rule of thumb,
Use every day for only one month
Hooked on the blues you'll become.

Benzos are one of the most addictive drugs known. Doctors are told not to prescribe them for longer than a month, as even using a small amount everyday can cause severe withdrawal if you try to stop.

Coming off diazepam
Is a rattle you should fear,
Many days of hell you face
It's much **worse** than coke or gear.

It's like a nervous breakdown
Food poisoning and flu,
Like crawling over broken glass
From here to Timbuktu.

If you've used for many months
Takes years for you to quit,
Cutting down quite gradually
Bit by bit by bit.



Experienced users say the withdrawal from benzos is much worse than heroin. If you've used for some months, it can take years of cutting down gradually before you can quit.

The Kids on the street shout out junkie
But I just ignore them you see,
Funny thing is, those very same kids
Are using the **same drug** as me.



Benzos are more addictive than heroin, even in small doses. If you start to need more to get the same effect (called tolerance), it is a good sign you are becoming hooked.




Stan, Stan, I understand
Some things about diazepam.

I will not, would not **overdose**
I won't **mix** them up with booze,
I won't fall down and smash me face
No **violence** will I use.

I will not, still not **drive a car**
I will not get **convicted**,
I will not use them every day
In case I get **addicted**.

There are risks involved in using benzos . . .



In fact dear Stan I've changed me mind
I no longer want to wobble,
Stick those drugs right up your arse
Those blues are too much trouble.

... make sure you know what the risks are.

● Benzos are **class C** drugs, so it is illegal to possess them unless you have a prescription.

● **Injecting tablets** is very dangerous and will soon damage veins.

● Unless prescribed by your doctor, tablets are likely to be fake. Check with friends (not the dealer) how **strong** any new batch are before taking any.

● For new or occasional users taking any more than a few tablets is likely to result in deep sleep rather than a buzz.

● **Avoid mixing** tablets with alcohol, opiates or any drug that makes you sleepy.

● Daily or regular users will develop **tolerance** (you need higher doses to get the same effect) – but remember your tolerance will drop off again if you stop (e.g. while in prison, during a drought).

● The best way to avoid becoming **addicted** is not to use every day – daily use can lead to a habit and withdrawals within two or three weeks. Even using on most days of the week can lead to a habit after one or two months.

● If someone passes out and you can't wake them put them in the **recovery position** (see below). If you can't wake them no matter what, their lips turn blue or they are having trouble breathing - call an ambulance.



1. Put the right hand by the head (as if they were waving).



2. Put the left arm across the chest, so that the back of the hand rests against the cheek.



3. Hold the hand in place and lift up the left knee.



4. Turn them on their side by pushing down on the knee.

