

Resource list for helping people detox from benzodiazepines

GENERAL INFORMATION

www.benzo.org.uk It has a support chat room and lots of information about the drugs. It is very critical of prescribing of benzodiazepines in general.

The Medical Journal of Australia (MJA) has a website that is a really useful resource for information on treating mental health problems in general practice (<http://www.mja.com.au/public/mentalhealth/>). It also has a good article on 'Benzodiazepines in anxiety disorders: managing therapeutics and dependence' www.mja.com.au/public/mentalhealth/articles/norman/norman.html

COPING WITH WITHDRAWAL

The most up to date guidelines produced by Dr Chris Ford are very helpful, and give a practical withdrawal plan for managing benzodiazepines detoxification.

Dr Heather Ashton's manual available from the benzo.org site is also quite practical for patients on how to cope with withdrawals www.benzo.org.uk/manual/index.htm

SLEEP/INSOMNIA

National sleep foundation www.sleepfoundation.org Lots of information about sleep, what is normal etc. There are downloadable patient information leaflets about sleep hygiene www.sleepfoundation.org/hottopics/index.php?secid=9&id=31 insomnia www.sleepfoundation.org/hottopics/index.php?secid=9&id=215 myths and facts about sleep www.sleepfoundation.org/hottopics/index.php?secid=9&id=33

www.sleepnet.com is an on-line chat room about insomnia

Sleep: a guide to getting enough sleep for drug and alcohol users is very useful and full of practical tips to help sleep. Copies can be ordered (they do charge) on 0870 990 9702, or the full text is available at <http://www.exchangesupplies.org/publications/sleep/sleepintro.html>

MIND has a lot of information on its' website regarding sleep, insomnia, and panic attacks. These are available to buy from their bookshop www.mind.org.uk/Shopping or you can browse them on-line (but can't download) <http://www.mind.org.uk/Information/Booklets/Other/mindtroubleshooterssleep.htm> www.mind.org.uk/Information/Booklets/How+to/How+to+cope+with+sleep+problems.htm www.mind.org.uk/Information/Booklets/Other/Mindtroubleshooterspanicattacks.html They also hold support groups in most parts of the country – details available from website.

CBT ON-LINE SELF HELP RESOURCES

The Five Areas Approach was initially developed by Dr Chris Williams as the result of an NHS commission to produce a jargon-free and easily used form of Cognitive Behaviour Therapy - which is an evidence-based and effective form of Psychotherapy. You can sign up to the living life to the full course free at <http://www.livinglifetothefull.com/elearning/index.php> This is the programme that we use locally. There are a wide range of modules dealing with life-skills and having downloadable workbooks attached. Details of the modules can be found at <http://www.livinglifetothefull.com/modulesummary/> but in particular I would recommend Problem Solving and Sleep, but the anxiety modules might be of interest.

And finally, there is an excellent Australian on-line manual aimed at interventions for alcohol, cannabis and amphetamines with mental health problems. It gives a very clear explanation of and rationale for motivational interviewing, CBT and relapse prevention/avoidance strategies – best of all it has numerous printable worksheets that you might find useful with any drug using patient. It is available at www.hmri.net.au/display/assets/download.php?id=47