

## **Where to find support and a few Resources**

**Benzo.org.uk**

**Benzo@yahoogroups**

**Benzo Island.org**

**[Tranx@alphalink.com](mailto:Tranx@alphalink.com)**

**Mainebenzo.org**

**Books that may be helpful are available  
at [benzobookreview.com](http://benzobookreview.com)**

**Ashton Manuel**

**Accidental Addict**

**Shirley Trickett's book on withdrawing  
from tranquilizers.**