

有關

# 鎮靜劑

The facts about Tranquillisers

FRANK

0800 77 66 00

這個電話號碼會有可以用中文  
與你通話的人士。

[www.talktofrank.com](http://www.talktofrank.com)

DrugScope

020 7928 1211

[www.drugscope.org.uk](http://www.drugscope.org.uk)

For additional copies, please  
contact Prolog on 0870 2414680

Produced by the FRANK campaign in association  
with DrugScope and funded by the Home Office.

BMECOMSC6

Chinese

## 鎮靜劑對人有甚麼影響？

人們在一段短時間內服用鎮靜劑，以幫助自己面對生活中的問題，例如有人即將去世。

不過，有些人長時間服用這些藥物。在發生這情況時，鎮靜劑便會無效。即使是無效，有很多問題的人們仍覺得他們有需要繼續服食。

突然停上服食這類藥物會是很難受的。人們只應在醫生的協助下才停止服食鎮靜劑。

鎮靜劑是甚麼模樣的？  
它們是有不同顏色的藥丸。

人們怎樣服食鎮靜劑？  
他們是吞食的。

鎮靜劑的其他名稱  
鎮靜劑有正式的‘化學’名稱，如Valium及Ativan。它們亦稱為安眠藥及tranx。

鎮靜劑的價格是多少？  
鎮靜劑是由醫生配給的。有些人士無需為這些藥物付款。

鎮靜劑是否合法？  
除非是由醫生配給，否則藏有鎮靜劑是違法的。

What do tranquillisers do to people?  
People take tranquillisers for a short time to help them deal with a problem in their life, such as someone dying.

However, some people take these drugs for a long time. When this happens, the tranquillisers stop working. Even though they do not work, people with lots of problems feel they have to keep taking them. It can be very nasty to stop taking these drugs suddenly. A person should only stop taking them with the help of a doctor.

What do tranquillisers look like?  
They are pills that come in different colours.

How do people take tranquillisers?  
They are swallowed.

Other names for tranquillisers  
They have proper ‘chemical’ names like Valium and Ativan. They are also called sleeping pills and tranx.

How much do tranquillisers cost?  
They are from doctors. Some people do not have to pay for these medicines.

Are they legal?  
It is against the law to have tranquillisers unless a doctor gives them to a person.