

About us

CITAp was founded in 1987 by Pam Armstrong and Peter Ritson. For over 25 years the charity has been helping people with prescription medication problems via helplines and group meetings.

CITAp runs benzodiazepine (tranquillisers and sleeping tablets) withdrawal clinics at GP practices within many Primary Care Trusts in the North West.

CITAp also provides national helpline support for people concerned about prescription drug addiction. The telephone line is staffed by specially trained counselors.

Pam Armstrong acted as a patient advocate for NICE and for twenty years training courses for professionals.

Contact Us

Helpline **0151 932 0102**
Office **0151 474 9626**
Fax **0151 284 8324**

Email cita@btinternet.com

Or write to us at
CITAp
JDI Centre
3-11 Mersey View
Waterloo
Liverpool
L22 6QA

Further information including a digital download of the book "Back to Life" can also be found at www.citap.org.uk

CITAp relies on voluntary donations

Council for Information on

Tranquillisers
Antidepressants
Painkillers



If you or a family member are taking tranquillisers, sleeping tablets, antidepressants or Painkillers

Please read this leaflet

CITAp may be able to help you and your family

Registered Charity No. 519334

Council for Information on
Tranquillisers, Antidepressants, and Painkillers



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Prescription medication side effects

Our brains developed largely to accommodate hunter-gatherer issues. The complex traumas of modern life have resulted in numerous medical conditions. A variety of drugs have been developed to help combat these traumas. When used correctly, and in an informed way, these drugs can greatly increase the quality of life.

The speed of medical advances often means these drugs are used incorrectly; in particular duration of medication, and unintended side effects, caused by drugs interacting with each other. In many cases they can make the situation significantly worse. In some cases new medication is introduced to reduce the side-effects of one drug with beneficial short-term result. However in the longer-term this worsens the original symptoms created by the first drug.

The situation is compounded by the fact that many of these drugs have withdrawal symptoms similar, or worse, than the original condition. This effectively creates an involuntary drug addiction.

Many prescription drugs, including tranquillisers, sleeping tablets, antidepressants and painkillers are only recommended for a short period of time – some as little as a few weeks.

Even in constant use, the body may become tolerant to the effects of the medication, and withdrawal effects may occur. As patients become older (typically over 60) the effect of the medication becomes stronger, increasing side effects.

The side effects can include depression, anxiety, personality change, memory impairment, motor muscle dysfunction – the full list is extensive, and they are often confused with the original symptom and/or misdiagnosed.

Why CITAp

These medications often require slow withdrawal, usually over several months. GPs are often unable to give the considerable support and specialized knowledge that patients require. Therefore CITAp works closely with GPs to provide information and support resources for patients and medical professionals.

How we can help

- **Helpline services** – staffed by specially trained counselors – 0151 932 0102
- **Information packs** – information on tranquillisers, sleeping tablets, antidepressants and painkillers
- **GP liaison** – including information and resources for medical professionals
- **CITAp clinics** – in many GP practices – ask if we work in yours

Further information including a digital download of the book “Back to Life” can also be found at www.citap.org.uk,

ALL CONTACT IS TREATED IN TOTAL CONFIDENCE

Never stop taking any medication abruptly, and without the consent of a qualified medical professional who is well-informed about prescription medication addiction and withdrawal.

The best combination is to work with both your doctor and an organisation like ourselves.



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