

**PE1651/CCC**

Nicolas James submission of 11 January 2018

Having been carer 24/7 for someone who was severely over-prescribed benzodiazepines for more than 15 years and has since tapered off them with no support from the medical establishment, the harrowing personal accounts that I have heard and read are for me both intensely moving and ring true. Had I not witnessed first hand what happened to someone who trusted doctors and acted according to GPs' instructions, I would have found it difficult if not impossible to believe what harm can be done by prescribed medication. This is truly a national scandal.