



Did you know?

Mixing prescriptions with alcohol or over-the-counter drugs can be dangerous!

- It can cause a drop in heart rate and breathing
- Increases risk of overdose and death

What to expect when cutting back or quitting:

- Your doctor or behavioral health specialist can help you set up a plan.
- Change takes time.
- You will need support
- You may have some withdrawal symptoms.
- Contact your doctor if you have any medical concerns.

Something to try:

1. _____

2. _____

Community Resources:

1. _____
2. _____

Behavioral Health Specialist:

Phone Number:



**Because
WE CARE,
we ask
EVERYONE**

**PRESCRIPTION
DEPRESSANTS**



vital
Improving Wellness in Alabama



Depressants

Prescription depressants are also called Benzodiazepines and Barbiturates. Depressants are medicines prescribed to help with:

- Sleep
- Anxiety
- Muscle spasms
- Seizures



Common Benzodiazepines:

Common Benzodiazepines:

Valium®, Xanax®, Halcion®, Ativan®, Klonopin®

Common Barbiturates:

Seconal®, Amytal®, Fiorina®, Nebutal®

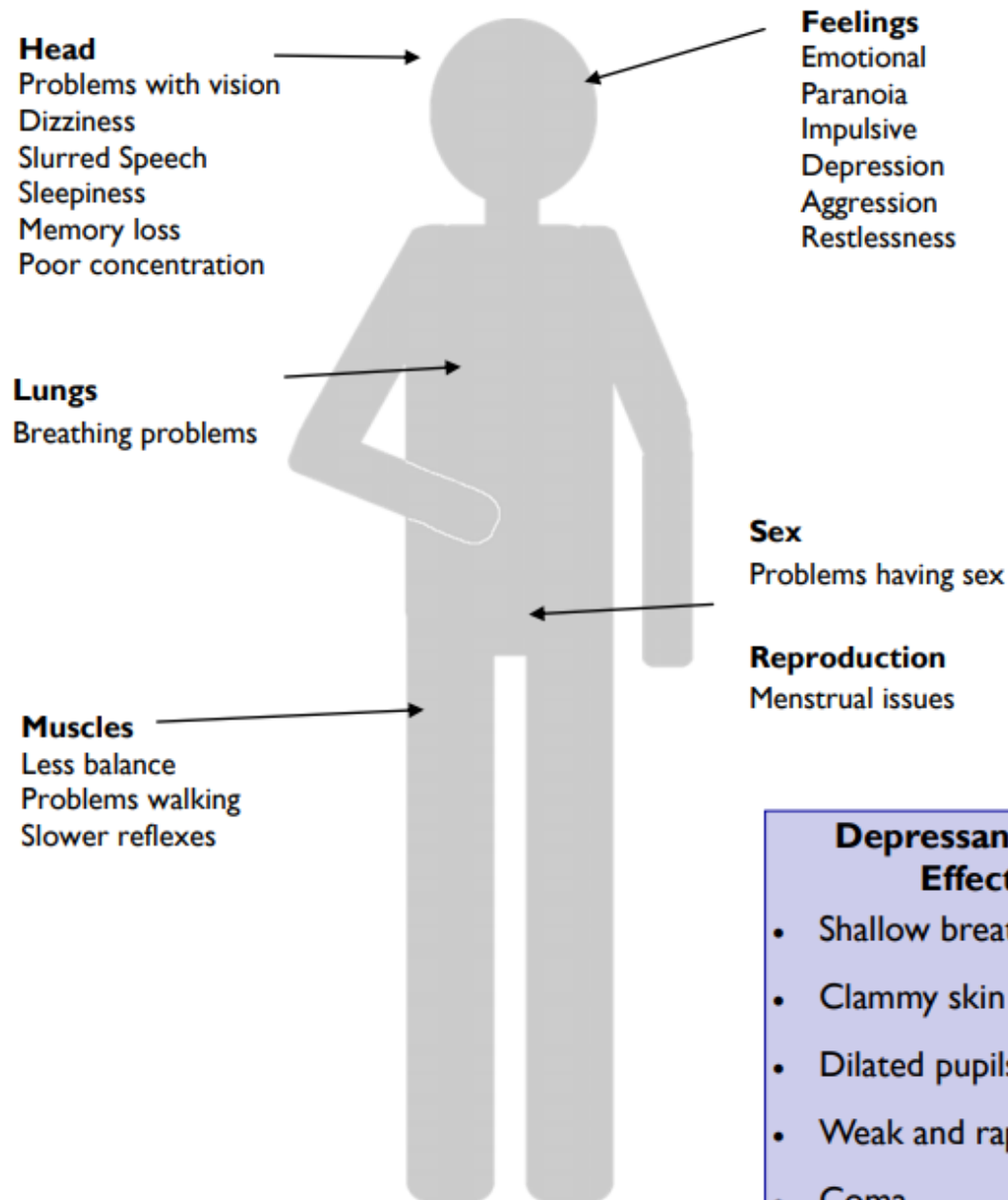
Important to know:

- It is easy to get dependent on these types of medicine.
- Stopping the use of many Benzodiazepines and Barbiturates can be dangerous! Talk to your doctor before changing your dose.

Questions to Consider:

- Am I using my own medicine?
- Am I taking the medicine the way it was prescribed?
- Am I running out of pills before my prescription can be refilled?

Effects of Prescription Depressants



Depressant Overdose Effects Are:

- Shallow breathing
- Clammy skin
- Dilated pupils
- Weak and rapid pulse
- Coma
- Death