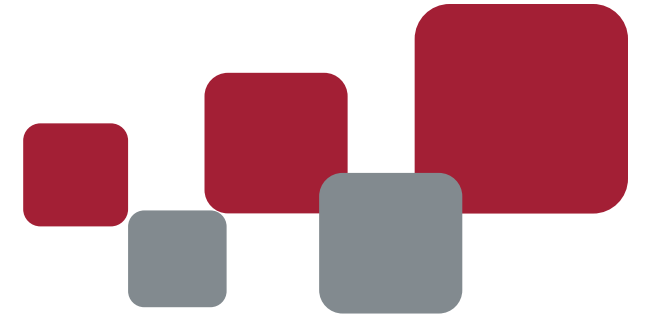


VitAL
Improving Wellness in **Alabama**



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.
- It 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.

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**Because
WE CARE,
we ask
EVERYONE**

**PRESCRIPTION
DEPRESSANTS**



al-sbirt

Depressants

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

- Sleep
- Anxiety
- Muscles Spasms
- Seizures



Common Benzodiazepines:
Valium®, Xanax®, Halcion®, Ativan®, Klonopin®

Common Barbiturates:
Seconal®, Amytal®, Fiorinal®, Nembutal®

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

Head

- Problems with Vision
- Dizziness
- Slurred Speech
- Sleepiness
- Memory Loss
- Poor Concentration

Feelings

- Emotional
- Paranoia
- Impulsive
- Depression
- Aggression
- Restlessness

Lungs

- Breathing Problems

Sex

- Problems Having Sex

Reproduction

- Menstrual Issues

Muscles

- Less Balance
- Problems Walking
- Slower Reflexes

Effects of Depressant Overdose Include :

- Shallow Breathing
- Clammy Skin
- Dilated Pupils
- Weak and Rapid Pulse
- Coma
- Death