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XANAX - Information x Harm Reduction

To be used for educational purposes - for users

XANAX - Alprazolam

Xanax Alprazolam belongs to a class of medications called benzodiazepines which act on the brain and nerves (central nervous system) to produce a calming effect.

BOOKLET - USES

Effects • Motivations • Why • What to do • Risks • Signposting

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CAUSES

Trauma • Stress • Present • Past •
Situational • Memories • Unknown -
(this is ok)

TREATMENTS

Diet • Exercise • Talking Therapy •
Mindfulness • Unknown • Drugs?

Anxiety can make you
imagine that things in their life
are worse than they really are, and
prevent you from confronting your fears.

Anxiety is normal and exists due to a set of
bodily functions that have existed in you from
the stone-age.

Your internal alarm system was designed to
protect you from the dangers surrounding us
in the wild. This system would make you
hyper-alert by giving you a boost of
adrenaline. This is known as the
“fight or flight” response.

XANAX //

For anxiety and panic disorders

This medication slows down your central nervous system that controls; breathing, blood pressure, heart rate and body temperature. It will cause withdrawal reactions, especially if it has been used regularly for a long time or in high doses.

Withdrawal symptoms such as seizures, rebound anxiety, blackouts and insomnia may occur if you suddenly stop using this medication.

This medication may sometimes cause addiction. This risk may be higher if you have a substance use disorder.

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XANAX // Why

Be honest, why do you want to use Xanax (or other benzos)? - Do you want to sleep after a binge? Do you maybe suffer from panic attacks and anxiety and seek treatment? Maybe you think it'll make you a better soundcloud rapper? Or maybe you like the idea of not giving a flying fxck about anything?

- Have you got anxiety?
- Do you like getting high?
- Have you been prescribed it?
- Helps with comedowns?
- Are you self medicating?
- Are you on a comedown?

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ANSWER THESE
QUESTIONS TO
AVOID RISK OF
ADDICTION

XANAX // Tolerance

This drug is often over-prescribed in America to treat anxiety conditions, it is part of the same family of drugs as Valium (diazepam), which we occasionally prescribe in the UK, Benzodiazepines.

In the UK doctors tend to prescribe very short Valium prescriptions because our bodies very quickly build a tolerance, and they quickly become dependant on the drug.

In the short term Xanax will reduce anxiety but it will increasingly become like plugging holes in a bucket, long term use of xanax will actually increase anxiety and studies have shown more severe psychiatric disorders in long term users. Look at the cause of your anxiety, don't bottle it up. If you're using it post session, there are alternatives, we'll go into them.

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XANAX - COGNITIVE EFFECTS

Slurred Speech • Motivation Suppression • Emotional Suppression • Memory Suppression • Amnesia •

XANAX - AFTER EFFECTS

Rebound anxiety //

Rebound anxiety is a commonly observed effect with anxiety relieving substances like benzodiazepines. It typically corresponds to the total duration spent under the substance's influence along with the total amount consumed in a given period, an effect which can easily lend itself to cycles of dependence and addiction.

ONSET

15 - 40 Minutes

DURATION

5 - 8 Hours

DOSE

0.5mg = 10mg Valium

DEPENDANCE

0.5 - 2mg a day

• • • DON'T PANIC



— We're writing this to educate you, not scare you, here's a few tips..

Make sure your blood is alcohol-free first - It takes time for your body to metabolize alcohol. Mixing benzos with alcohol or other depressants will increase their effects and respiratory failure is a serious risk .

Give yourself at least 2-8 weeks between recreational use - Wait, two months is an overkill, isn't it? No.

This is because of the kindling effect, its quite neuro-science so in basic terms, each withdrawal can be worse and more dangerous than the previous one.

More tips ahead..

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TIPS //

Take note of your doses - If you are taking any drug often enough that you need to continuously keep taking more to get high – stop taking it! Let your tolerance drop again.

If staying sober is difficult for you, you need to stay sober for a while and figure out why.

Most recreational drugs kill pain, and the kind of pain we're talking about is there for a good reason – you were hurt – try face it, not cover it up. Talk to your GP, counsellor (if you have one and if you don't, have a quick search online?)

RESEARCH - Erowid.org – If you have plan on taking any recreational drug, bookmark this website.

Another practical tip: XANAX is a CNS depressant, like alcohol and opiates, if you do a lot of them together they will suppress your breathing, be safe.

XANAX // Alternatives

SLEEP // CBD oil • Melatonin • Valerian Extract • Not doing loads of amphetamines like cocaine or spinning out in bed on MD. It happens but there are alternatives. Do your research + ask your Doctor.

ANXIETY // Talking therapy • Exercise (we know, we know, but it does help)
• A new hobby or pick up an old one • try take yourself out of situations that are giving you anxiety • talk to someone you trust • understand your triggers and how to avoid them • CBD oil - its non-psychoactive and a genuinely good alternative to Benzo's. Do your research + ask your Doctor.

COMEDOWNS // Vitamin C • Magnesium • Electrolytes (coconut water)
• Melatonin • 5HTP (serotonin, ask your doctor) • chillin' • rollsafe.org
Do your research + ask your Doctor.

GETTING HIGH // If you're going to do it, do it smart, read through this leaflet, do some google searches, do it proper.

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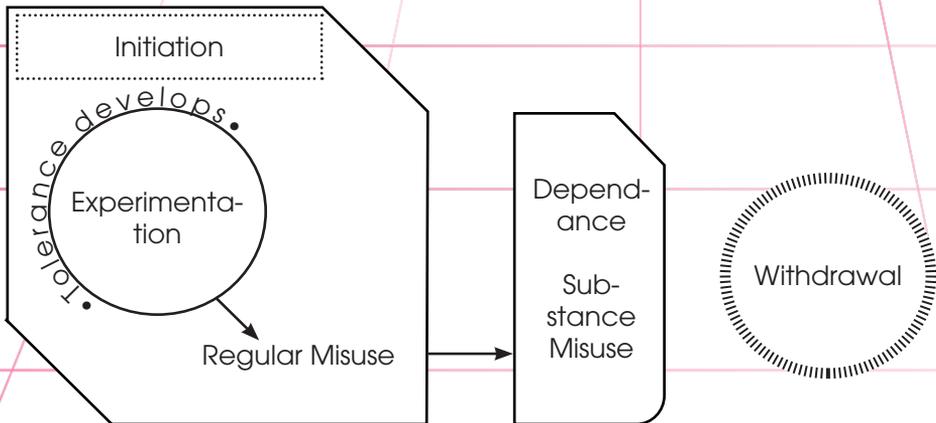


DEP → • END A - N C / E

人々はしばしば彼らがゼナックスに依存していると思いがちですが、薬物を服用しないと、通常よりも長い時間がたつて、彼らが回復することが出来る重度の離脱症状のために、薬物の摂取を止めることはできません。////
時期は個人ごとに異なり、早期症状は中毒のレベルを飲む多くの要因によって異なる。////
この時点で、薬物/ゼナックスは、中毒を克服しようとする人にとって最も安全な方法です

• 離 離 • 薬 物 乱 用 • 離 離

Experimentation: Having misusing Xanax a few times, some people might attempt to take the drug under different circumstances or at different times. They also might tweak the dosage — usually increasing it — to experience new effects.



XANAX // Dependence



Regular Misuse: A person might not take the drug daily, but a pattern often develops during this stage. People either take the drug at a certain time of the day, specific day of the week, or as a reaction to a negative feeling.

Dependence: This stage begins with tolerance, which involves an increase in frequency or dosage of the drug that the person's body is able to readily process without experiencing strong effects. Once the tolerance is high enough, people may develop a dependence. Some people will need a shorter amount of time and lower dosage to become dependent. Here's a few symptoms..

The experience of becoming addicted to Xanax is different for each person.

— Memory problems

— Coordination difficulties

— Tremors

— Excessive sweating

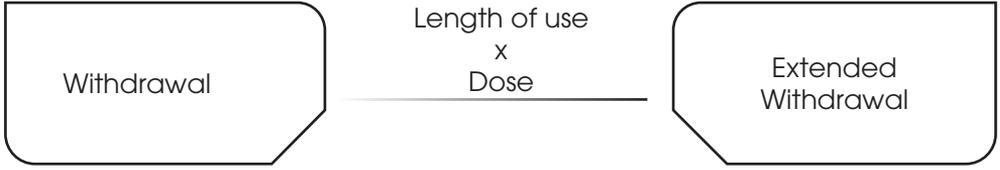
— Unsuccessful attempts to reduce

— Emotional imbalance

— Swelling in hands and feet

— Increasing doses

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WITHDRAWAL // Extended Withdrawal

Generally speaking, physical withdrawal symptoms manifest somewhere between two and four days after the last use as well as behavioural symptoms.

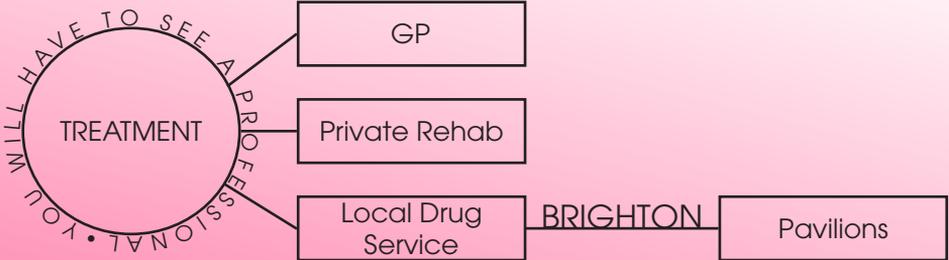
Normally, the withdrawal process is done under medical supervision. In carefully managed steps, a supervised detox is achieved by slowly reducing the dosage and frequency of administration.

Extended withdrawal:

Full resolution of withdrawal symptoms can take up to 6 months or more. The acute phase lasts anywhere from seven to 90 days. Some of the most common withdrawal symptoms include:

- Moderate to severe depression
- Extreme anxiety
- Body tremors
- Migraine
- Heart palpitations
- Burning sensations going through the brain
- Muscle twitching

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*Call for
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*Creche Service is
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