

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 are having any medical concerns.

Where can I go to learn more?

- www.drugabuse.org
- www.nida.nih.gov
- www.justice.gov/dea

Something to try:

1. _____

2. _____

Community Resources:

1. _____

2. _____

Behavioral Health Specialist:

Phone number:

IndianaSBIRT

**WE ASK
EVERYONE.**



**Prescription
Depressants**

 **IPRC** Indiana Prevention
Resource Center

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

Head

Problems with vision
Dizziness
Slurred Speech
Sleepiness
Memory loss
Poor concentration

Lungs

Breathing problems

Muscles

Less balance
Problems walking
Slower reflexes

Feelings

Emotional
Paranoia
Impulsive
Depression
Aggression
Restlessness

Sex

Problems having sex

Reproduction

Menstrual issues

Depressant Overdose Effects Are:

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