



# XANAX >>

## KNOW THE RISKS...

MUSIC & DRUGS HAVE ALWAYS BEEN IMPORTANT TO EACH OTHER - CERTAIN SONGS & ARTISTS IN THE MEDIA REFERENCE XANAX USE

WHAT DOESN'T ALWAYS COME ACROSS IN THE MUSIC IS THE RISKS & REALITY OF XANAX USE OR DEPENDENCE

IT'S IMPORTANT TO GET THE FULL PICTURE IN ORDER TO MAKE INFORMED DECISIONS TO KEEP YOURSELF SAFE



## SOCIAL IMPACT

USING XANAX CAN LEAVE YOU FEELING LETHARGIC OR LOW - THIS MAY MAKE IT HARDER TO GET UP FOR WORK, COLLEGE OR SCHOOL OR TO JOIN IN ACTIVITIES YOU ENJOY

XANAX CAN IMPACT SHORT TERM MEMORY WHICH CAN MAKE IT HARDER TO CONCENTRATE IN SCHOOL, COLLEGE OR WORK

THE DISORIENTATING & SEDATIVE EFFECTS OF XANAX MAY MAKE ACCIDENTS MORE LIKELY - INCREASING THE RISKS OF INJURY. AS WELL AS HARMING YOU THIS CAN HAVE AN IMPACT ON HOSPITALS & EMERGENCY SERVICES

PEOPLE CAN FEEL UNINHIBITED ON XANAX, WHICH MAKES THEM OPEN UP & TALK ABOUT THINGS THEY MIGHT NOT DO NORMALLY - YOU MAY MAKE DECISIONS YOU WOULDN'T WHEN YOU'RE SOBER, DO THINGS YOU REGRET THE NEXT DAY OR BE VULNERABLE TO EXPLOITATION (PEOPLE USING YOU)

PEOPLE AROUND YOU MIGHT WORRY ABOUT YOUR XANAX USE - THIS MIGHT LEAD TO ARGUMENTS WITH FAMILY OR FALLING OUT WITH FRIENDS, WHICH COULD LEAVE YOU FEELING ISOLATED

IT'S AGAINST THE LAW TO POSSESS XANAX WITHOUT A PRESCRIPTION SO USING IT RUNS THE RISK OF GETTING IN TROUBLE WITH THE POLICE. DEVELOPING A HABIT CAN BE EXPENSIVE & SOME PEOPLE SHOPLIFT OR START SELLING DRUGS TO PAY FOR WHAT THEY USE

## IMPACT ON YOUR BODY

>> SLOWED HEART RATE & BREATHING

>> MUSCLE RELAXATION

>> BLURRED VISION

>> SLURRED SPEECH

>> PROBLEMS WITH CO-ORDINATION OR >>>MOVING YOUR LIMBS

>> DIZZINESS OR BLACKOUTS

>> DROWSINESS & FATIGUE

>> DRY MOUTH OR INCREASED SALIVA

>> FAINTING OR LOSS OF >>>CONSCIOUSNESS

>> SEIZURES

>> SOME USERS HAVE SUSTAINED LIVER DAMAGE

**THERE IS A RISK WITH XANAX THAT IT CAN SLOW YOUR BODY DOWN TO THE POINT YOU STOP BREATHING ALTOGETHER**

**MIXING XANAX WITH OTHER DRUGS OR ALCOHOL INCREASES THE RISK**

## IMPACT ON YOUR MIND

IT HAS BEEN SHOWN THAT XANAX CAN CAUSE:

- > MEMORY LOSS
- > CONFUSION
- > ANXIETY AND PANIC
- > IRRITABILITY
- > HALLUCINATIONS

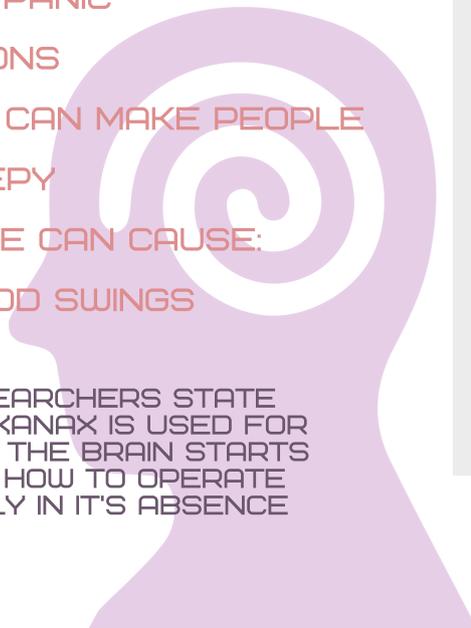
BIGGER DOSES CAN MAKE PEOPLE

- > FORGETFUL
- > OVERLY SLEEPY

LONG TERM USE CAN CAUSE:

- > DEPRESSION
- > EXTREME MOOD SWINGS

SOME RESEARCHERS STATE THAT WHEN XANAX IS USED FOR A LONG TIME, THE BRAIN STARTS TO FORGET HOW TO OPERATE EFFECTIVELY IN IT'S ABSENCE



## THE LAW

XANAX IS A CLASS C DRUG - IT'S ILLEGAL TO HAVE FOR YOURSELF, GIVE AWAY OR SELL UNLESS OBTAINED BY A PRESCRIPTION

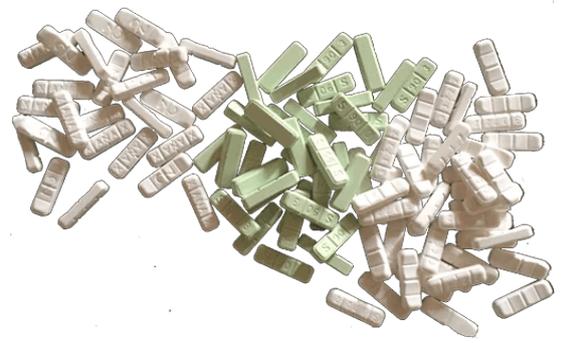
POSSESSION CAN GET YOU UP TO 2 YEARS IN PRISON, AN UNLIMITED FINE OR BOTH

SUPPLYING SOMEONE ELSE, EVEN YOUR MATES, CAN GET YOU UP TO 14 YEARS IN PRISON, AN UNLIMITED FINE OR BOTH

IF THE POLICE CATCH PEOPLE SUPPLYING ILLEGAL DRUGS IN A HOME, CLUB, BAR OR HOSTEL, THEY CAN POTENTIALLY PROSECUTE THE LANDLORD, CLUB OWNER OR ANY OTHER PERSON CONCERNED IN THE MANAGEMENT OF THE PREMISES

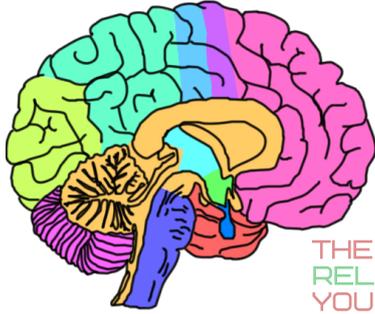
LIKE DRINK-DRIVING, DRIVING WHEN HIGH IS DANGEROUS AND ILLEGAL. IF YOU'RE CAUGHT DRIVING UNDER THE INFLUENCE YOU MAY RECEIVE A HEAVY FINE, DRIVING BAN, OR PRISON SENTENCE

# XANAX >>



AFTER TAKING XANAX IT ENTERS THE BLOODSTREAM & CROSSES INTO THE BRAIN - BENZODIAZEPINES ARE DEPRESSANT DRUGS & HAVE A 'QUIETENING' EFFECT ON CERTAIN PARTS OF THE BRAIN

HOW IT WORKS



THIS HAPPENS DUE TO AN INCREASE OF THE NEUROTRANSMITTER GABA WHICH DAMPENS DOWN YOUR RESPONSES. THIS IS WHY THEY ARE USEFUL IN TREATING CONDITIONS SUCH AS ANXIETY OR PANIC ATTACKS WHERE CERTAIN PARTS OF THE BRAIN MAY BE OVERACTIVE. IT'S ALSO WHY YOU FEEL CHILLED OUT OR SLEEPY

THE INCREASE IN THE GABA NEUROTRANSMITTER ACTIVATES THE RELEASE OF THE HORMONE DOPAMINE IN THE BRAIN. DOPAMINE MAKES YOU FEEL GOOD & IS PART OF THE BRAIN'S 'REWARD PATHWAY'. THIS MEANS YOU MAY FIND YOURSELF WANTING TO TAKE MORE XANAX TO 'REWARD' YOUR BRAIN & IS WHY YOU CAN DEVELOP A DEPENDENCY ON THE SUBSTANCE QUICKLY

IS IT ADDICTIVE?

IT'S POSSIBLE TO DEVELOP PSYCHOLOGICAL & PHYSICAL ADDICTION TO XANAX - BECAUSE OF THE RISK BENZODIAZEPINES ARE ONLY USED MEDICALLY IN SEVERE CASES FOR SHORT PERIODS OF TIME

**DEPENDENCE >>** TAKING XANAX REGULARLY OVER A SUSTAINED PERIOD CAN LEAD TO SERIOUS DEPENDENCE - USERS MAY CRAVE THE DRUG & FEEL UNABLE TO COPE WITHOUT IT. THE RISK INCREASES IF YOU USE HIGH DOSES REGULARLY OVER A LONG PERIOD OF TIME

**TOLERANCE >>** USERS MAY HAVE TO KEEP INCREASING THEIR DOSE - WITHIN A SHORT PERIOD OF CONTINUOUS USE - EITHER TO GET THE SAME HIT OR JUST TO MAINTAIN THE INITIAL POSITIVE EFFECT

**WITHDRAWAL >>** SOME PEOPLE REPORT WITHDRAWAL SYMPTOMS AFTER ONLY FOUR WEEKS' USE. EFFECTS CAN INCLUDE INCREASED ANXIETY, AGITATION, CONFUSION, PANIC ATTACKS OR ACUTE PSYCHOSIS IN VULNERABLE PEOPLE. WITHDRAWAL FOR DEPENDENT INDIVIDUALS IS DANGEROUS & MEDICAL HELP MUST BE SOUGHT - ABRUPTLY STOPPING CAN SOMETIMES RESULT IN SEIZURES OR DEATH

MEDICAL EMERGENCY

XANAX OVERDOSE CAN OCCUR WHEN SOMEONE TAKES TOO MUCH OR TAKES THE DRUG WITH ANOTHER DRUG LIKE ALCOHOL

SIGNS OF ALPRAZOLAM OVERDOSE CAN INCLUDE: SLEEPINESS, SLURRED SPEECH, CONFUSION, PROBLEMS WITH COORDINATION, IMPAIRED REFLEXES, UNCONSCIOUSNESS OR COMA

WHEN YOU SEE THE SIGNS OF AN OVERDOSE DON'T WAIT- CALL 999 IMMEDIATELY & ASK FOR AN AMBULANCE

WHILST WAITING FOR THE AMBULANCE DON'T LEAVE FRIENDS ALONE, TRY TO KEEP THEM CALM & IF UNCONSCIOUS CHECK THAT THEY'RE BREATHING. IF POSSIBLE PUT THEM IN THE RECOVERY POSITION TO PREVENT CHOKING - SEE HOW TO DO THAT BELOW:



Start by placing their arm as if they are waving.



Place the other arm across their chest and hold their hand against their cheek.



Lift up the knee that is furthest from you. Continue to hold their hand in place.



Turn them on their side by pulling the knee towards you and down.



**PURITY>>** MOST SERIOUS PROBLEMS & DEATHS COME FROM USING A HIGH DOSE. NOT ALL XANAX ON THE STREET IS STOLEN FROM A HOSPITAL/PHARMACY OR FROM PEOPLE WHO GOT IT ON PRESCRIPTION - THEY CAN BE 'FAKES' MADE BY ANYONE - YOU CANNOT BE SURE OF THE PURITY UNLESS YOU ARE CERTAIN THAT THE DRUG YOU HAVE IS A GENUINE PHARMACY MEDICINE

**ADULTERANTS>>** THERE'S NO WAY TO KNOW WHAT'S IN A POWDER UNLESS YOU CAN GET IT TESTED. PRESSED XANAX BARS BOUGHT ONLINE CAN BE CUT WITH ANYTHING - SUCH AS SUGAR, CAFFEINE OR CHALK OR EVEN OTHER DRUGS

**START LOW GO SLOW>>** XANAX IS 20 TIMES THE POTENCY OF DIAZEPAM. TRY A SMALL TEST AMOUNT (E.G. 0.25MG) AND WAIT AT LEAST 1 HOUR BEFORE TAKING ANY MORE - EVEN IF YOU FEEL YOU'RE AN EXPERIENCED USER

**TOLERANCE & DEPENDENCY>>** BE AWARE THAT TOLERANCE & DEPENDENCY CAN DEVELOP QUICKLY. IT'S BEST NOT TO TAKE XANAX ON A REGULAR BASIS OR FOR MORE THAN 4 WEEKS. IF YOU HAVE BEEN USING ON A REGULAR BASIS XANAX SHOULD NOT BE STOPPED SUDDENLY. ALWAYS REDUCE USE GRADUALLY WITH YOUR DOCTOR'S SUPERVISION.

**MIXING>>** ANY TIME YOU MIX DRUGS TOGETHER YOU TAKE ON NEW RISKS. USING OTHER DEPRESSANTS OR ALCOHOL IS PARTICULARLY RISKY & CAN STOP BREATHING OR LEAD TO OVERDOSE. THE EFFECTS OF XANAX MAY BE MASKED IF TAKEN WITH A STIMULANT - WHICH CAN LEAD TO AN OVERDOSE IF A LOT OF THE DRUG IS TAKEN AND THEN THE STIMULANT WEARS OFF

**AVOID>>** CERTAIN MEDICATIONS LIKE ANTIDEPRESSANTS MAY INTERACT WITH XANAX & INCREASE SEDATIVE EFFECTS. EVEN ANTIHISTAMINES OR GRAPEFRUIT CAN INTERACT WITH XANAX

**SETTING>>** DON'T USE ALONE & KEEP AN EYE OUT FOR YOUR MATES. USE IN A SAFE AREA WHERE MEDICAL HELP CAN BE ACCESSED. BE CAUTIOUS OF PEOPLE YOU DON'T KNOW AS YOU MIGHT LOSE INHIBITIONS

**EMERGENCY>>** IF YOU OR A MATE STARTS TO FEEL UNWELL OR HAVE CHEST PAINS GO TO A CALM, QUIET PLACE. IF THEY DON'T START TO FEEL BETTER AFTER A FEW MINUTES CALL 999. DON'T DELAY - IF YOU LEAVE IT TOO LONG IT COULD BE TOO LATE!

IF YOU ARE DEPENDANT ON XANAX IT IS ESSENTIAL YOU SEEK MEDICAL ADVICE ABOUT REDUCING YOUR USE

**MOTIVATE YOURSELF>>** LOOK AT THE GOOD & BAD THINGS ABOUT USING XANAX & MAKE A LIST. REMIND YOURSELF OF THE REASONS WHY YOU WANT TO CUT DOWN

**HAVE A PLAN>>** DO YOU WANT TO CUT DOWN OR STOP COMPLETELY? FOCUS ON YOUR GOAL & HOW YOU CAN ACHIEVE IT & REWARD YOURSELF EACH WEEK - MAYBE BUY SOME NEW CLOTHES WITH THE MONEY YOU SAVE BY NOT BUYING XANAX

**SMALL MANAGEABLE STEPS>>** CAN YOU DELAY USING OR USE A BIT LESS. TRY ENJOYING A NIGHT OUT WITHOUT XANAX

**KEEP A RECORD>>** AS WELL AS KEEPING TRACK OF YOUR PROGRESS A DIARY CAN HELP IDENTIFY AREAS OF HEAVY USE WHICH MIGHT HELP YOU THINK ABOUT WHAT TRIGGERS YOU TO USE

**AVOID RISKY SITUATIONS>>** IF GOING TO CERTAIN PLACES OR HANGING OUT WITH CERTAIN MATES MAKES IT MORE LIKELY YOU WILL USE TRY AVOIDING IT FOR A WHILE. IF YOU USE BECAUSE YOU FEEL STRESSED, SAD OR ANGRY LOOK FOR HEALTHIER WAYS TO DEAL WITH THOSE EMOTIONS

**COPING WITH CRAVINGS>>** CRAVINGS DON'T LAST VERY LONG. IF YOU CAN GET THROUGH THEM THE URGE TO USE WILL PASS. DISTRACT YOURSELF WITH ACTIVITIES YOU ENJOY OR TRY SOMETHING NEW - PUT OFF ACTING ON YOUR CRAVING, IT WILL GET EASIER EVERY TIME

**WITHDRAWAL SYMPTOMS>>** YOU MIGHT NOT GET ANY BUT IF YOU DO THEY WON'T LAST LONG. TAKE CARE OF YOUR BODY BY EATING & SLEEPING WELL. EXERCISE IS GREAT FOR FILLING UP YOUR TIME & INCREASING FEEL GOOD CHEMICALS IN YOUR BRAIN

**HAVE A BACK-UP PLAN>>** BE PROUD OF ANY CHANGE YOU MAKE & DON'T BEAT YOURSELF UP IF THERE ARE BACKWARDS STEPS NOW & AGAIN. WORK OUT WHAT WENT WRONG & LEARN FROM IT. IT'S NOT EASY BUT YOU CAN DO IT!

**DON'T DO IT ALONE>>** SPEAK TO FRIENDS & FAMILY ABOUT YOUR PLAN - MAYBE YOUR MATES WANT TO REDUCE TOO & YOU CAN ENCOURAGE EACH OTHER. WE ARE WITH YOU ARE HAPPY TO WORK WITH YOU TO HELP WITH ANY OF THE ABOVE - GET IN TOUCH



01743 294700



srpinfo@wearewithyou.org.uk



wearewithyoushropshire



wearewithyoushropshire



@WithYouShrops

we are  
withyou  
SHROPSHIRE