

BENZODIAZEPINES

What Are They?






- Known commonly as "benzos".
- Most often used to treat anxiety or muscle spasms.
- Cause sedation, hypnosis, relief of anxiety/spasms, reduce seizures.
- Can cause withdrawal symptoms if stopped abruptly. **Withdrawal can be life threatening.**

Withdrawal Symptoms

- Anxiety
- Tremors
- Irritability
- Insomnia
- Nausea
- Hallucinations
- Seizures
- Heart palpitations
- Death



Common Types

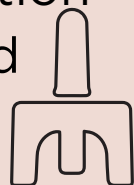
	Xanax
	Valium
	Klonopin
	Librium
	Ativan

Counterfeit/Pressed Pills

- Some patients who lose access to their medications may try to obtain them from an illicit source.
- Any pill that is not obtained directly from a pharmacy may contain fentanyl, a potent opioid. This can increase your risk of overdose.
- Counterfeit/pressed pills may also contain potent benzos, like bromazolam.

Practice Safety

- **Go to the Emergency Room if withdrawal symptoms arise**
- Test your pills
- Use slowly
- Avoid using alone and mixing substances
- Carry naloxone (Narcan), a medication that reverses opioid overdoses



Resources

- Call or text **1-877-4NARCAN** for free naloxone and test strips
- **1-877-REACHNJ** to connect with substance use treatment 24/7
- Call or text **988** for free, 24/7 mental health support