

# BENZODIAZEPINES

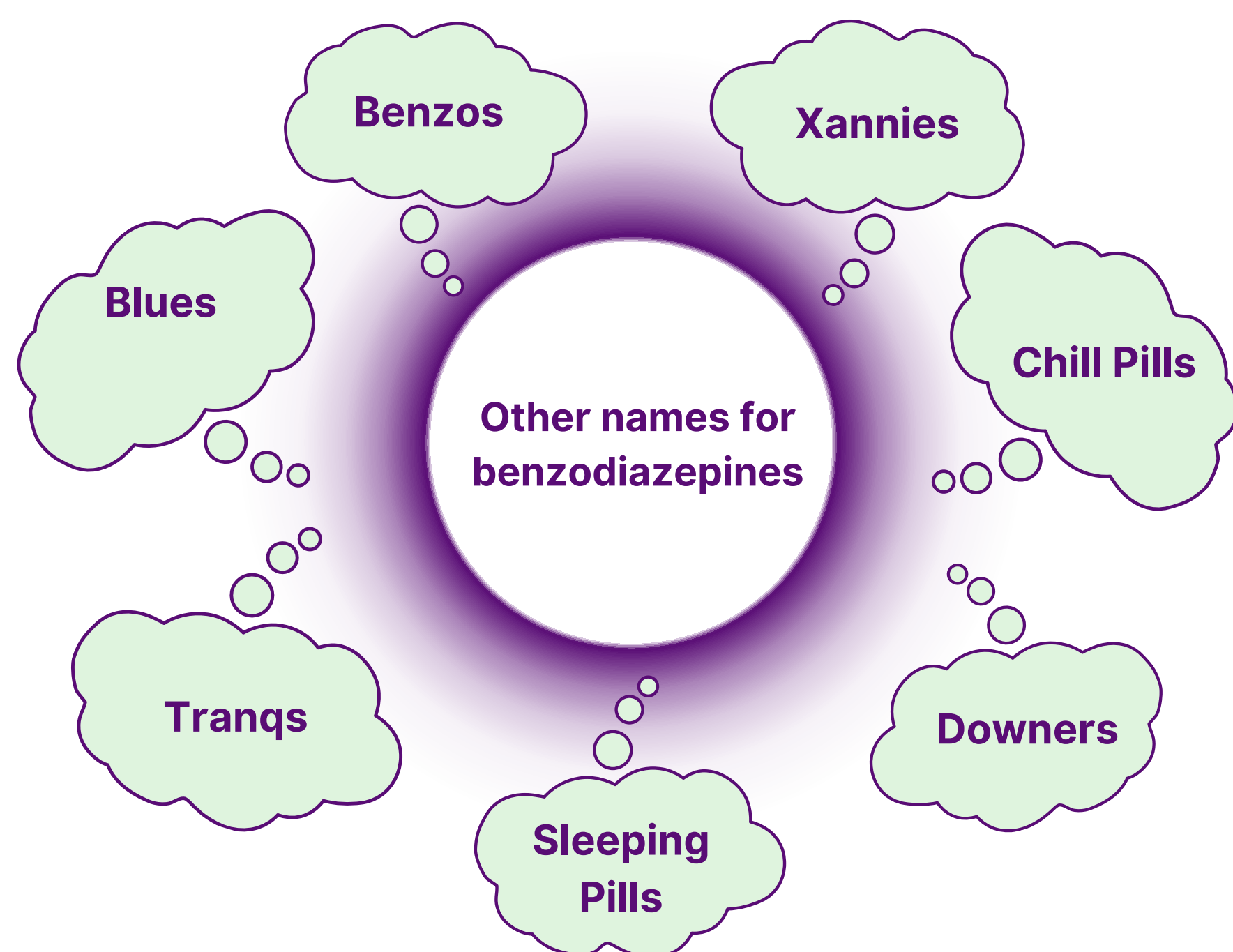
## WHAT YOU NEED TO KNOW

### What are they?

**Benzodiazepines are depressants**

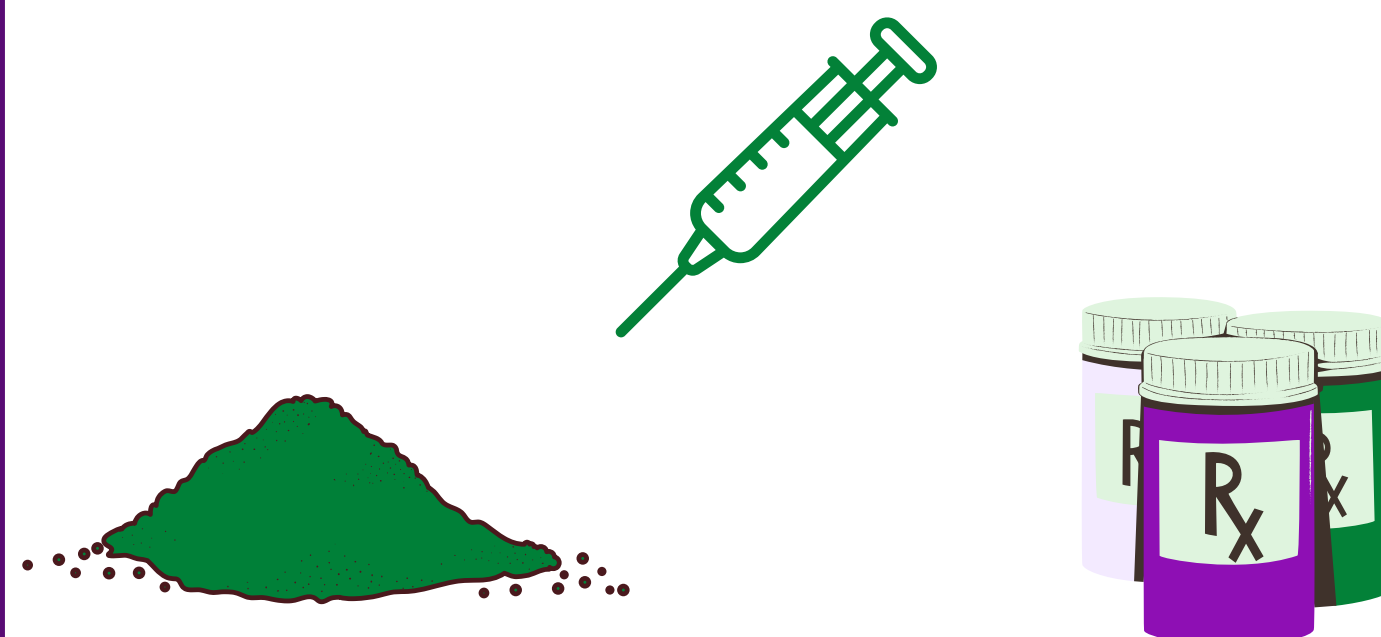


Benzodiazepines are used medically for sleep, anxiety disorders, panic disorders, and alcohol use disorder. However, their anti-anxiety effect is often overused in non-medical ways. Common brand names of benzodiazepines include Ativan, Valium, and Xanax. They can come as tablets or capsules.



### How are they used?

Benzodiazepines can be taken orally, dissolved under the tongue, snorted through the nose, or injected.



### What are the effects?



Benzodiazepines have a fast onset of effect, but it may vary depending on the drug.



Benzodiazepines can make you really sleepy. This sleepiness can last into the next day. Some people get weird or disturbing dreams.



Benzodiazepines may make you feel less worried about things on your mind.



Your muscles may feel very weak. You may become very uncoordinated



You may lose your short-term memory and have a slower reaction time.



With long term use, It may be hard to go about your day without taking a benzodiazepine. Going without one may make you feel anxious and shaky.

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## When do you seek emergency help?



**Benzodiazepine poisoning over overdose:** The result of taking too much or combining it with other sedating substances like alcohol.

**Signs:** Becoming very sleepy (or even losing consciousness!). Irregular or slowed breathing. Feeling very disoriented and confused.

**Get help right away!** This is a medical emergency

### Did you know?

**Benzodiazepines are one of the drugs used for sexual assault and are commonly called "date rape drugs". They can cause memory loss and confusion for the victim.**



## How to stay safer?

### Don't Go Cold Turkey!

Benzodiazepines can cause withdrawal symptoms, including seizures, if they're stopped abruptly!

If you want to reduce your use, reach out for help.



Call 811 for guidance on reducing benzodiazepine use



1

**Not using benzodiazepines** is the best way to stay safe, but that may not be realistic for everybody.

2

**Timing matters:** Avoid using benzodiazepines before **school, work, or driving**. It affects concentration and reaction time.

3

**Plan for safety.** Have a ride planned for after you take a benzodiazepine. Bring condoms if sex is a possibility.

4

**Start small.** Try a small dose at first to see how the benzodiazepine affects you.

5

**Moderate use:** Regular use affects your health and relationships. You can develop a dependence.

6

**Don't mix!** Combining substances can make it hard to keep track of how much you've taken. You may take too much without realizing it, or get harmful side effects.

7

**Choose oral.** Injecting benzodiazepines increases your risk of getting serious infections in your heart and skin. Snorting can increase how quick you experience side effects, increasing your risk of an overdose.

For more information visit us at:

[www.DECYDE.ca](http://www.DECYDE.ca)