



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
- Risk of overdose and death increases

What to expect when cutting back or quitting the use of prescription depressants:

- Change takes time.
- You may have some withdrawal symptoms.
- You will need support.

You don't have to do this alone:

- Your doctor or behavioral health specialist can help you set up a plan
- Contact your doctor if you are having any medical concerns

How can I learn more?

Visit this helpful website:
www.drugabuse.gov

Something to try:

Community Resources:

Behavioral Specialist:

Name _____

Contact _____

Name _____

Contact _____

Useful Websites/Literature:

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We Ask Everyone About Prescription Depressants



The Illinois SBIRT Initiative
Screening, Brief Intervention,
and Referral to Treatment



Depressants

Prescription depressants are also called Benzodiazepines and Barbiturates.

Depressants are medicines often prescribed to help with:

- Sleep difficulties
- Anxiety
- Muscle spasms
- Seizures

Common Benzodiazepines

- Valium®
- Xanax®
- Halcion®
- Ativan®
- Klonopin®

Common Barbiturates

- Seconal®
- Amytal®
- Fiorina®
- Nebutal®

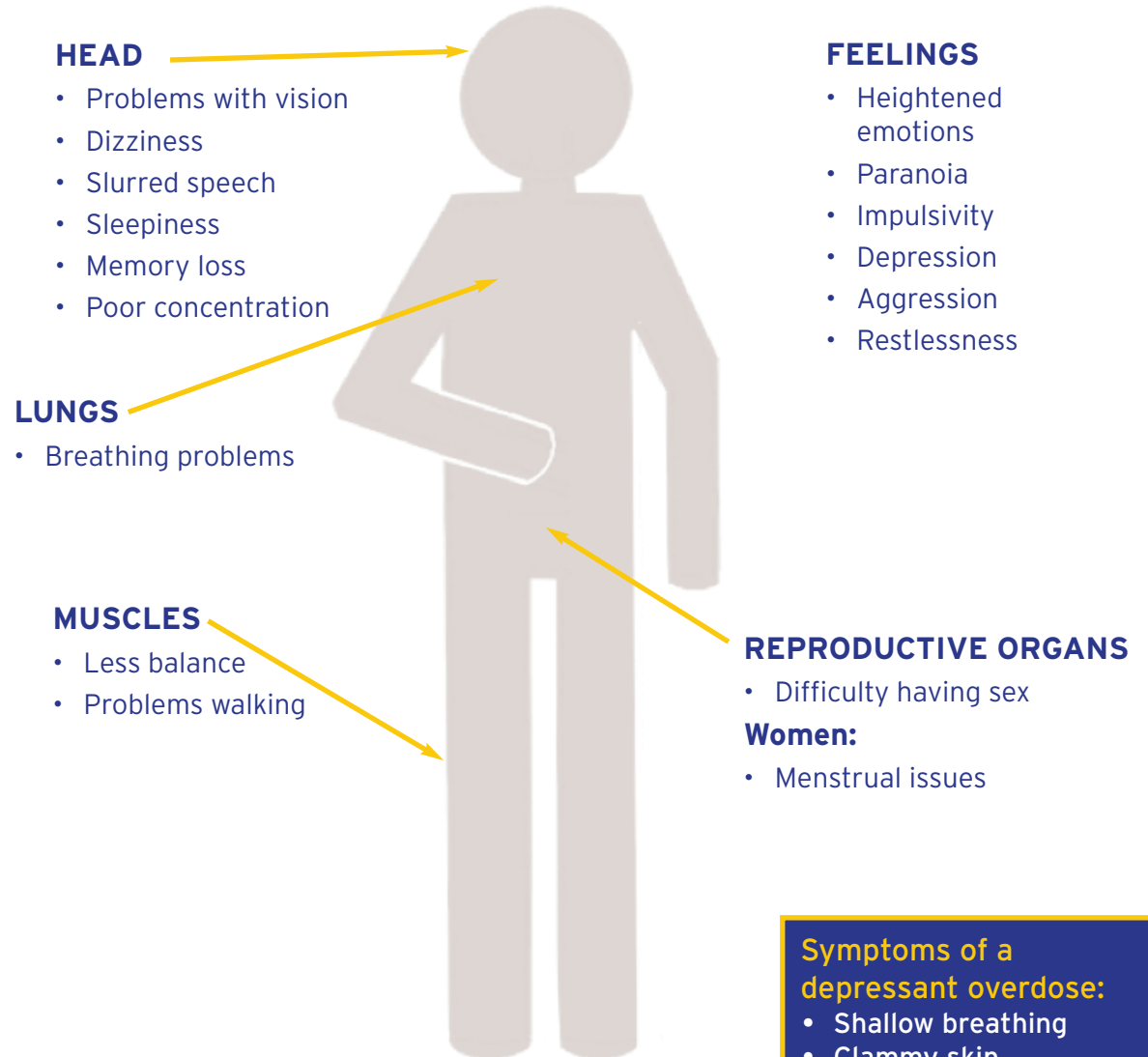
Important to know:

- It is easy to become dependent on these types of medicines.
- Stopping the use of many Benzodiazepines and Barbiturates "cold turkey" 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



Symptoms of a depressant overdose:

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