



What Is Xanax?



Xanax is a *benzodiazepine* prescribed by doctors to relieve feelings of anxiety and panic disorders

Common Effects of Xanax Use:

- ⤴ Decreased breathing
- ⤴ Drowsiness
- ⤴ Light headedness

“But my doctor gave it to me, it has to be safe”

The Spectrum of Prescription Drug Abuse



From Improper Use to Abuse

Although prescription drugs are legal and prescribed by health care providers, they can be abused and lead to *addiction* and even *death* just like other illegal drugs.



Learn More About
Prescription Drugs!

[Where you Can Get Help:](#)

If you or anyone around you has a drug problem and wants to get better, these resources are here to help.

[National Referral Hotline](#)

-Someone is available 24 hours/day, 7 days/week to direct you to an addiction treatment program close to you

Call TODAY: 1-888-299-8125

[Psychologists](#)

-Often times, a trained psychologist can help determine the underlying cause of the addiction and can offer behavioral therapy to assist the individual in returning to normal day-to-day activities



Check out these resources to learn more about the *effects* and *proper use* of prescription drugs:

- <http://www.drugabuse.gov/publications/drugfacts/prescription-over-counter-medications>
- http://kidshealth.org/teen/drug_alcohol/drugs/prescription_drug_abuse.html