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”

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.
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

Learn More About Prescription Drugs!

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