



MINI  
TRAINING  
SERIES

# Benzodiazepines "Benzos"



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**Benzodiazepines are depressants that are prescribed to induce sleep, relieve anxiety and muscle spasms, and prevent seizures.**

## Commonly Prescribed Benzos



- Xanax ("Bars")
- Klonopin ("K-Pins")
- Ativan
- Valium



## Symptoms of Use:



- Drowsiness
- Blurred Vision
- Slurred Speech
- Dry Mouth
- Confusion
- Lack of Coordination

**A person can overdose on a benzodiazepine. Overdose results in respiratory arrest.**

## Symptoms of Overdose:

- Slow, shallow, or stopped breathing
- Cool, clammy skin
- Unconsciousness
- Blue tint around the ears/lips

Often benzodiazepines are misused in combination with alcohol/opioids. Mixing two depressants highly increases the likelihood of overdose.



**Narcan (naloxone) will not reverse a benzodiazepine overdose.**

Benzodiazepines are a drug of tolerance. Withdrawal symptoms include anxiety, panic, irritability, insomnia and more.



**Consult with your doctor/pharmacist about risks associated with use before beginning any medication.**