



XANAX

WHAT IS IT?

It is a benzodiazepine and contains the active ingredient alprazolam. It is a sedative drug.

It used to treat short term anxiety and anxiety accompanying depression. It is **not prescribed** in the UK under the NHS.

It comes as a pill. The pills comes in the form of a bar and vary in strengths. The ingredients and purity are not known if not bought on prescription. They might have also been imported from abroad or could be fake. Doctors only ever prescribe these types of drugs for a short duration of time because they can become physically and psychologically addictive very quickly.

THE LAW

Class C of the Misuse of Drugs Act:

- **Unauthorised possession (without a prescription) could result in a prison sentence of up to two years and an unlimited fine.**
- **Supplying could mean up to 14 years in prison and an unlimited fine.**

EFFECTS AND RISKS

- Xanax acts quickly in the body, and a dose can typically last for six hours.
- Using Xanax with alcohol is dangerous as they are both depressants and can slow down breathing.
- When Xanax is used in larger quantities, it can cause people to feel confused or disoriented.
- Xanax can cause short-term memory loss and big doses can make you forgetful and overly sleepy.
- Xanax can be highly physically and psychologically addictive, and individuals can build a tolerance very quickly.
- People who are addicted to Xanax can experience withdrawal symptoms, which can include decreased concentration, tremors, nausea, vomiting, headaches, anxiety, panic attacks and depression.
- Very uncomfortable bodily sensations can also develop and fits can occur, which in severe cases can be fatal.

HOW TO KEEP SAFE

- Do not mix with alcohol or any other drugs as this increases the risk of overdose.
- If Xanax has been used regularly and you want to stop taking them, seek support from your GP or the Young People's Substance Misuse Service (details below) as stopping without medical support may be dangerous.
- If someone becomes ill, call an ambulance straight away. You will not get into trouble for this - be honest about what they have taken. It could save their life.
- Stay hydrated and get fresh air when needed.

Please be aware that there have been reports of young people having seizures (fitting). If you or someone you know is fitting after using Xanax or any other drug, you should seek medical assistance, even if the seizure stops. Go straight to A and E.

For support, help and further advice contact:

The Young People's Substance Misuse Service

T: 020 8547 6920

E: ypsms@achievingforchildren.org.uk