**What is Xanax?**

Xanax (Alprazolam) is a benzodiazepine. Xanax affects chemicals in the brain that may be unbalanced in people with anxiety.

Xanax is used to treat anxiety and panic disorders, and anxiety caused by depression.

**What happens if I overdose?**

Seek emergency medical attention. **An overdose of xanax can be fatal.** Overdose symptoms may include extreme drowsiness, confusion, muscle weakness, loss of balance or coordination, feeling light-headed, and fainting.

**Signs of an allergic reaction include;**

Hives;

difficulty breathing;

Swelling of your face, lips, tongue, or throat.

**Call your doctor / 999 at once if you have:**

* depressed mood, thoughts of suicide or hurting yourself;
* racing thoughts, increased energy, unusual risk-taking behavior;
* confusion, agitation, hostility, hallucinations;
* uncontrolled muscle movements, tremor, seizure (convulsions); or
* pounding heartbeats or fluttering in your chest.

**Common Xanax side effects may include:**

* drowsiness, feeling tired;
* slurred speech, lack of balance or coordination;
* memory problems; or
* feeling anxious early in the morning.

This is not a complete list of side effects and others may occur.

**Mixing Xanax and alcohol is extremely dangerous.** The first reason for this is that they’re both central nervous system depressants. That means that both Xanax and alcohol slow how the body sends, receives, and processes information. It also means they slow how the body carries out its tasks, things like breathing, making the heart beat, etc.

So, the combination of these two chemicals leads to severe respiratory depression, an incredibly slowed heart rate, intense confusion, decreased reaction time, and an almost complete lack of motor skills. **These side effects can be fatal.**

**Mixing xanax with any other substance increases the risk.**

**Warning – drugs sold on the internet under the brand name ‘Xanax’ (or any other drug bought rather than prescribed by a GP) may not be the same as what a GP prescribes. ‘Fake drugs’ are commonly sold under a brand name. This means they may have different chemical compounds meaning there are further unknown risks.**

***This is a brief overview of the risks of xanax. For more detailed information please contact a Motiv8 worker on 08001696136. Xanax is addictive and withdrawal symptoms can occur when trying to stop. Motiv8 can provide a confidential service to support with this.***