

WHAT IS XANAX

Alprazolam (aka Xanax), belong to a class of medications called Benzodiazepines (aka benzos). It works by enhancing the effects of GABA (a neurotransmitter), similar to the effects of alcohol. It is typically prescribed to treat anxiety and panic disorders. However, if it has not been prescribed to you by a doctor, it should be treated with the same caution as any other drug.

HOW IT'S USED

Xanax is most often taken orally because this has been found to be the safest, easiest, and most effective method of use.

THE EFFECTS

A Xanax high has been described as a "quiet euphoria". Some people describe feeling more relaxed and calm. Although, it's important to keep in mind that experiences with all drugs are subjective (vary from person to person) and that your experience may be very different from someone else's!

RESOURCES



SESSIONS: SESSIONS is a series of drug education workshops for youth 13 to 24yrs. It provides an open space to talk and learn more about drug use.
www.skylarkyouth.org/event/sessions-drug-education-youth/all/



Trip! Project: The Trip! Project provides non judgmental drug and sex information. Trip! also offers outreach booths and workshops!
www.trippproject.ca



Drugs and Me: Drugs and Me provides accessible, and objective guides to help reduce the short and long term harms of drugs.
www.drugsand.me



DrugCocktails: Drug Cocktails was created to help youth "get the facts" about the effects and risks of mixing prescribed medications with substances.
www.drugcocktails.ca

**For more harm reduction information,
follow us on social media
@skylitatskylark**



YOUR GUIDE TO

Xanax

A RESOURCE BY YOUTH FOR YOUTH

HARM REDUCTION TIPS

IF YOU'RE PICKING UP THIS
RESOURCE CHANCES ARE YOU'RE
SEEKING SOME INFORMATION
ABOUT XANAX
GNARLY! YOU'VE COME TO THE
RIGHT PLACE.

HERE ARE SOME HARM REDUCTION
TIPS!

Please note: We do not encourage drug use. Rather, we intend to provide non-judgmental information so that individuals who choose to use drugs can make informed choices about their health and reduce risk. The only way to completely eliminate risk is to abstain from drug use.

MIXING IS RISKY:

Xanax is a downer and mixing with other downers can lead to overdose, unconsciousness and/or other undesired effects. Some examples of downers are; alcohol, GHB, opioids (i.e. heroin, oxycodone, codeine and morphine) etc.

TAKE IT SLOW

Xanax is taken orally and usually comes in pill form. It is always best to start with a small 'test' dose. Keep in mind, it can take anywhere between 20-40 minutes to feel the effects. It's important to wait to see how you feel before taking a second dose! If you decide to take more, only do so by a small amount each time.

EATING

Xanax can make you nauseous: eat 1-2 hours beforehand!

NAP TIME

Xanax can cause you to feel really tired and drowsy. It's important that you feel safe in your surroundings when you take Xanax in case you feel the need to doze off.

Please do not drive while taking Xanax. For this reason, always plan your way home in advance!

IN TIMES OF CRISIS

It is possible to overdose on Xanax!

Signs of a Xanax overdose:

- difficulty breathing
- confusion
- seizures/fainting
- loss of balance/coordination
- unresponsiveness

If someone is exhibiting signs of an overdose, call 911 immediately! Stay with the person and monitor their breathing until the ambulance arrives.