

HARM REDUCTION FOR BENZOS



Lots of people recreationally use benzodiazepines (xanax, klonopin, valium, ativan, etc), or are prescribed benzos and recreationally use other drugs. If you want to stay safe, this guide is for you!

1 THEY ARE COMMONLY PRESCRIBED.

Many people need benzodiazepines to manage stress and anxiety disorders. This means this medication is intended to relieve anxiety, and has sleep inducing properties. Taking more than prescribed can lead to blacking out and memory loss!

2 THEY ARE DEPRESSANTS.

Like alcohol and opiates, benzos are a depressant. This means combining things like xanax, alcohol, and opiates or any combination thereof can get deadly, quickly.

3 YOU CAN ALWAYS TAKE MORE, YOU CAN'T TAKE LESS.

Start low, go slow. You can always take more, you can never take less. Remember, pills taken orally typically take around 45 minutes to an hour to kick in. Blacking out can happen quickly - keep track of your dosing!

4 TAPER, DON'T QUIT ABRUPTLY!

If you've noticed yourself develop a tolerance and want to quit, it's best to taper down off of benzos. Quitting abruptly with too much of a dependency can be deadly at worst and unpleasant at best.

5 MIXING DOWNERS = BAD NEWS.

We know this point was already made, but we're here for your safety, and one of the biggest risks with benzos is mixing them with other downers. Mixing alcohol or opiates with benzos is risky business. Benzos alone are pretty safe, but with something else in the mix they can go south fast!

Always use in moderation, and always use your opiates first if you're mixing.

6 FENTANYL!!!

Everyone is talking about fentanyl, and yes, it **IS** in our heroin and **sometimes** in our benzos. Fentanyl is a powerful opioid, and it causes someone to overdose (stop breathing) really quickly. You can buy test strips to check your drugs for fentanyl, but your best bet if you use drugs or your friends use drugs (especially opiates like heroin or oxy pills) is to carry naloxone!

Naloxone (narcan) reverses opioid overdoses and you can save a life just by having it. It can't hurt someone, and it can keep them alive long enough to get them medical attention. If you're using opiates and benzos, tell someone where your naloxone is, so they can use it if they need to!



OTHER RESOURCES:

<https://psychonautwiki.org/wiki/Benzodiazepine>

<http://drugs.tripsit.me/alprazolam>

<http://harmreduction.org/our-resources/>

<https://dancesafe.org/product/fentanyl-test-strips-single-strip/>

<http://www.getnaloxonenow.org/find.html>

