

STAND OUT

THROW IT OUT.

THE

DEAL

WITH

DEPRESSANTS

For individuals who struggle with severe anxiety, panic disorders, acute stress reactions, or sleeping disorders, doctor-prescribed depressants can be helpful tools for managing their symptoms. Depressants are medicines that include sedatives, tranquilizers, and hypnotics. They cause drowsiness, can induce sleep and can relieve muscle spasms. Some commonly-prescribed depressants include diazepam (Valium®), clonazepam (Klonopin®), alprazolam (Xanax®), triazolam (Halcion®), zolpidem (Ambien®), eszopiclone (Lunesta®), zaleplon (Sonata®), mephobarbital (Mebaral®), phenobarbital (Luminal®), and pentobarbital sodium (Nembutal®).

Most depressants come in a pill, capsule, or liquid form, and are ingested through the mouth. Misusing depressants includes manipulation of the drug, using a prescription that does not belong to the consumer, ignoring the prescription's directions for usage, or taking the substance for the purpose of getting high. Alcohol is classified as a depressant.

Consumers who begin taking depressants usually feel sleepy and uncoordinated for the first few days of the prescription as their body adjusts; they may exhibit symptoms like slurred speech, poor concentration, confusion, headaches, dizziness or lightheadedness, dry mouth, slowed breathing, or problems with movement and memory. Continued use can lead to a dependence on the drug, and sudden withdrawals pose the risk of seizures.

Research has found that 20% of teens who abuse prescription drugs did so before the age of 14; Xanax and Valium are two of the most commonly misused depressant drugs among teens.

