

# Get Help with Valium Addiction: Rehab in Indiana

Valium is not in the media spotlight as often as it once was, but it is still known as the drug that puts people into an almost trance-like state. During the 70s and 80s, Valium was often prescribed for all kinds of things and was especially popular with well-off women. It was once promoted as a cure-all drug, and as an anti-anxiety drug that would help people to cope with everything from the minor stress of a busy workload to long-term psychological anxiety problems.

Unfortunately, many people who took Valium became addicted to it. Many of these addictions were very serious and caused a lot of problems in many lives, as the wealthy were prescribed more and more Valium years, from their own Doctors.

Today, there is a much better understanding of the dangers of Valium and the risks of Valium addiction. Better treatment is now available.

## What Is Valium?

Valium also called by the medical name of Diazepam, falls under the class of drugs known as Benzodiazepines. They are generally prescribed as an anti-anxiety, anticonvulsant, muscle relaxant, and sometimes to aid in the withdrawal from alcohol addiction. Valium is popular as it's effective and has long-lasting effects.

Valium is considered to be a relatively low risk for addiction, but is also approved for various medical uses and can be prescribed legally by doctors. It was once widely prescribed, but today, there is more understanding of the very real risk of Valium addiction. Valium addiction treatment should be taken seriously.

## How Valium Addiction Occurs

Unlike some painkillers, Valium addiction is not a quick process. It replaces some neurochemicals in the brain when it takes effect and can slow down electrical activity in the brain, which reduces stress. Because of this, it can create a feeling of relaxation. It relaxes the mind and body, making Valium a popular drug for those experiencing a lot of stress.

Valium addiction comes from prolonged use. Valium is an anti-anxiety drug and life doesn't stop causing stress, so many people have been prescribed Valium and take it regularly for an extended period. As it reduces stress so effectively, psychological addiction to Valium can occur in as little as a week.

Valium is physically addictive too, which means that the body will develop a craving for and dependency on it once it replaces the chemicals the brain normally produces for itself. Physical addiction can take place after about four months of use, depending on the amount taken. This is why it's not recommended that people don't take Valium for more than a few months.

## Detoxing From Valium


Valium rehab requires a **detoxification process**. Because of the intensity of the physical addiction, long-term users who take a cold-turkey approach to quitting, and stop taking the drug entirely, will likely experience violent and painful withdrawal symptoms. Symptoms can include vomiting, seizures, hallucinations, and abdominal cramps. It's important to detox from Valium in an experienced, professional Valium addiction treatment center, so you can be monitored safely and supported through the situation. Here at **Evolve Indy**, we can help. [Contact us today.](#)

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