

Signs You Need to Go to Xanax Rehab

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When does drug use turn into a problem?

How does it look? Where is the line?

On the most fundamental level, you can look at it as an issue related to control. Are you in control of Xanax, using it as directed and prescribed, or is Xanax controlling you? Forcing your hand in deciding when you should use it?

If you're unable to control your usage, that's among the clearest signs you need to go to Xanax rehab, and we'll point to some more signs later.

First, some basics.



What Is Xanax?

To begin with, Xanax is the brand name for alprazolam which "is the most commonly prescribed psychotropic medication in the United States."

Alprazolam falls into a class of drugs known as benzodiazepines.

Benzodiazepines, or benzos as they're generally referred to, are "a class of medicines approved to treat generalized anxiety disorder, insomnia, seizures, social phobia, and panic disorder," according to the Food and Drug Administration (FDA).

Benzos, including Xanax, fall into the category of central nervous system depressants, which the [National Institute on Drug Abuse \(NIDA\)](#) defines as drugs that "can slow brain activity, making them useful for treating anxiety, panic, acute stress reactions, and sleep disorders. CNS depressants cause drowsiness; sedatives are often prescribed to treat sleep disorders like insomnia, and hypnotics can induce sleep, whereas tranquilizers are prescribed to treat anxiety or to relieve muscle spasms."

Is Xanax Addictive?

In a word: yes.

Long-term use of Xanax can lead to the development of addiction and dependence. When used as prescribed by a doctor, Xanax can be a safe and effective medication. However, when used more often or in larger doses, it becomes dangerous. Additionally, even long-term use within a doctor's guidelines can potentially lead to addiction. Addiction develops when continued use of the drug leads to negative consequences such as health problems or problems at home or work. Despite these adverse effects, use will continue for a person addicted.

The risk of addiction has led the FDA to update their warning for benzos, noting that "even when taken at recommended dosages, their use can lead to misuse, abuse, and addiction. Abuse and misuse can result in overdose or death, especially when benzodiazepines are combined with other medicines, such as opioid pain relievers, alcohol, or illicit drugs."

Continued use will lead to dependence. If that occurs, it will be challenging for anyone to stop using without suffering from withdrawal symptoms.

Signs You Need to Go to Xanax Rehab

Recognizing the signs of Xanax addiction is an imperative first step to getting the help you need. As with all substances, it's a slow build both to the amount used and the ferocity of a substance use disorder symptoms.

Here's what you should be looking for:

- Drowsiness
- Headaches and feeling light-headed
- Slurred speech
- Blurred vision and dizziness
- Secretive behavior
- Impaired coordination
- Confusion and increasingly poor memory
- Difficulty concentrating
- Withdrawing from social settings and increasingly isolated
- Skipping activities once enjoyed in order to use
- Delirium
- Nausea
- Anxiety and paranoia
- Mood swings
- Doctor shopping for more prescriptions
- Financial issues
- Constipation
- Riskier behavior
- Failing to meet responsibilities at work, home, or school

If you're seeing these signs start to add up and get worse, it's time to seriously start considering a rehab program because it's a downward spiral. Things tend to get worse if you stay the course and don't seek help. When you're ready to finally make that leap into treatment and get on the road to recovery, you must do it at a facility that suits your needs. At Evolve Indy, our [treatment programs](#) can be just the ticket. [Contact us](#) to learn more about our [30-, 60- and 90-day rehab programs](#).

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