Contact Us

Tel: 020 8760 5597 (Monday-Friday 9am – 5pm) **0300 123 9288** (24 hours)

E: croydonrecoverynetwork@turning-point.co.uk

YP Team 51/55 South End Croydon CRO 1BF

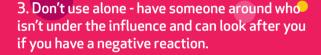






5 harm reduction tips for xanax

- 1. Don't mix with alcohol or other substances it can suppress your breathing and heart rate & can increase the risk of overdose.
- 2. If you have developed a dependence or tolerance to Xanax it's important to not suddenly stop taking them as you can experience withdrawal symptoms which could potentially be fatal. It's best to seek medical advice.



- 4. If you are going to use it, start off with a small amount first wait at least an hour before taking more.
- 5. Benzodiazepines can also interact with one another, so it's not a good idea to take Xanax if you are already taking something similar (e.g. other anti-depressants or anti-anxiety medication). If in doubt, check with a doctor.