What’s the Issue?
Many take a single dose of benzodiazepine (BZD), such as Xanax, perhaps during a long plane flight or dental visit. However, prescribing guidelines advise against taking BZDs long term (past 2-4 weeks), due to Risks and potential Harms!

BZDs and Z-Drugs (“sleeping pills,” like Ambien) are routinely prescribed for anxiety, stress, insomnia, and other problems in spite of evidence that these drugs are Not as Safe as they were marketed to be! Medical professionals lack education regarding current findings and continue long-term overprescribing without providing patients informed consent about risks/dangers.

Information from the pharmacy! E.g., Ativan’s label states, “In general, [BZDs] should be prescribed for short periods only (e.g., 2-4 weeks)...Continued long-term use is not recommended where withdrawal symptoms can appear following cessation of the recommended dose after as little as one week of therapy.”

What You Need to Know
- You do not have to abuse BZDs to be sickened by this medication.
- It is Dangerous to Stop (Cold Turkey) or Taper (wean) too rapidly after long-term usage; this can result in seizures, psychosis, severe withdrawal, even suicide.
- Symptoms can cause or worsen insomnia, anxiety, depression, panic, agoraphobia, aggression, etc. due to a phenomenon called “tolerance.”
- A combination of BZDs & other prescription drugs, alcohol, opiates can be Deadly.
- Your prescriber may be ill-informed about physical dependence, slow tapering protocols, and withdrawal. Our website offers essential resources and information.