

What to Look For When You Think a Loved One Has a Xanax Addiction

by Robert Alexander Center | Jan 17, 2022 | Blog | 0 comments



Not all drugs are illegal. Most drugs are prescribed by doctors and there are no laws stopping you from taking them, transporting them, or using them anywhere. Studies find that addiction among these kinds of drugs is just as common as addictions to drugs that are illegal.



Legal drugs pose a higher threat because there are no ramifications like jail time to steer someone away from using. A drug of this kind is Xanax. Most of the world takes some form of Xanax to deal with the stresses of life and Generalized Anxiety Disorder. As a result, someone can easily start abusing the substance. Here is what to look for if you think a loved one has an addiction to Xanax.

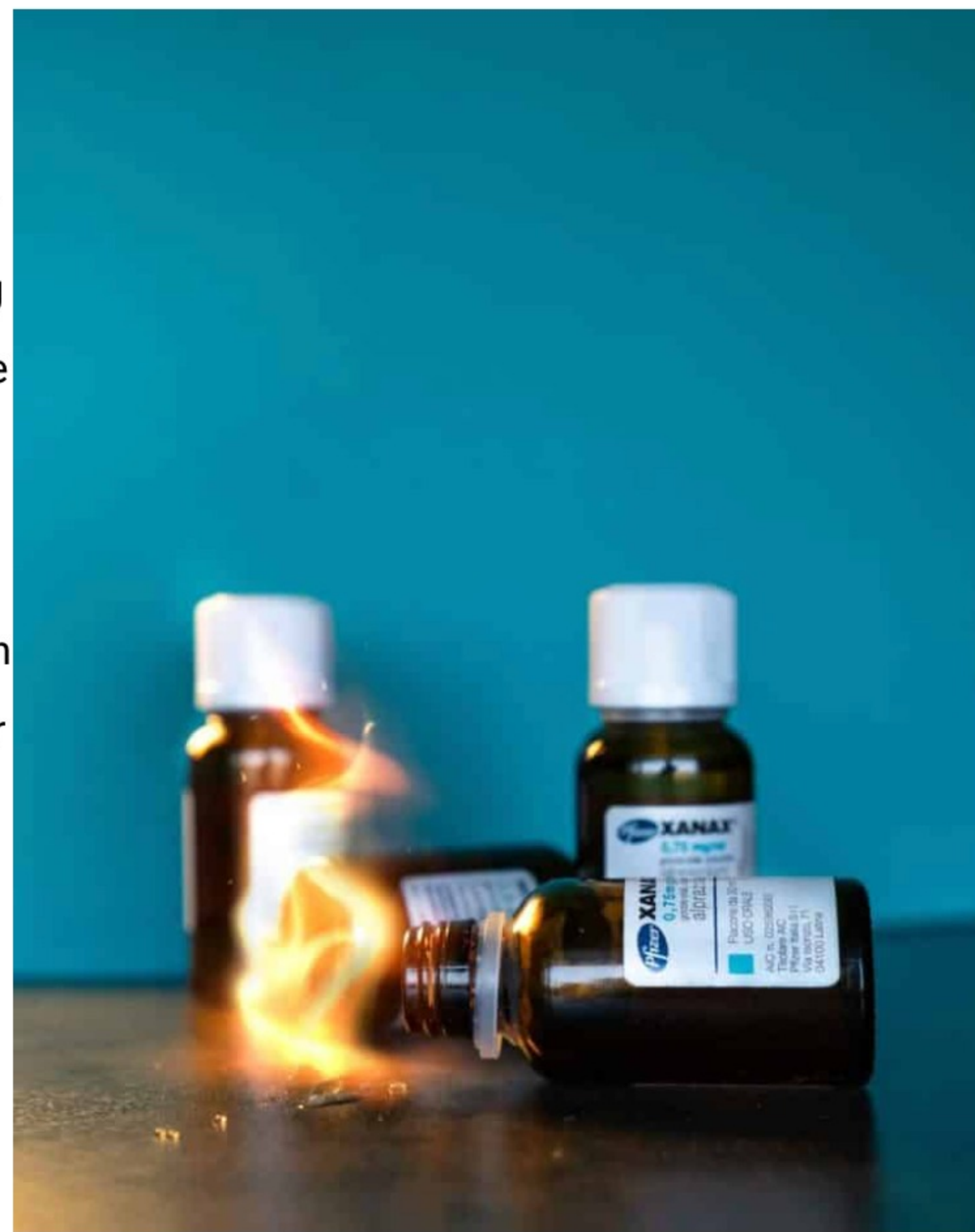
What Is Xanax?

Xanax is a Benzodiazepine. Xanax is prescribed for anxiety and insomnia. Its effects calm a person down and allow their minds to rest so they can do everyday things like drive, work, and relate to other people. A large percentage of people take Xanax.

How Can I Tell If Someone I Love Is Addicted?

The first sign of a Xanax addiction is withdrawal. Withdrawal symptoms are restlessness, irritability, high levels of stress, high levels of anxiety, and insomnia. If your otherwise healthy loved one is on Xanax but is still showing these signs, that means their Xanax is not working because the Xanax is not strong enough.

A person who is abusing Xanax will build up a high tolerance to the drug so the drug will stop working. Keep an eye out for your loved one being prescribed higher doses or if you notice they are taking a lot of Xanax per day. Some addicts can take up to 25 pills in one day.



What Do I Do If They Are Addicted?

Seek help. There are plenty of [treatment centers](#) around that are experts in helping someone manage and put an end to their addiction to Xanax. A quick internet search will lead you in the right direction. Once you are armed with both inpatient and [outpatient programs](#), sit your loved one down and talk to them about your concerns. Let them know you are there for them and always ready to talk about how they feel and available treatment options.

Do Treatment Centers Work?

Yes. Many addictions are alike. Some feel that if it's not a hard drug it's not that serious. But it is. Many centers have [intensive outpatient programs](#) to help break patients of their habits, and many centers have effective [detoxification programs](#) that will help a person come off of their addiction without serious harm or side effects.

Don't wait, act now. The decisions you make today could save the life of someone you love. Don't worry about hurting the relationship. Any help you offer is worth ruffling some feathers. Contact the Robert Alexander Center today to learn how you can save a life.

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The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

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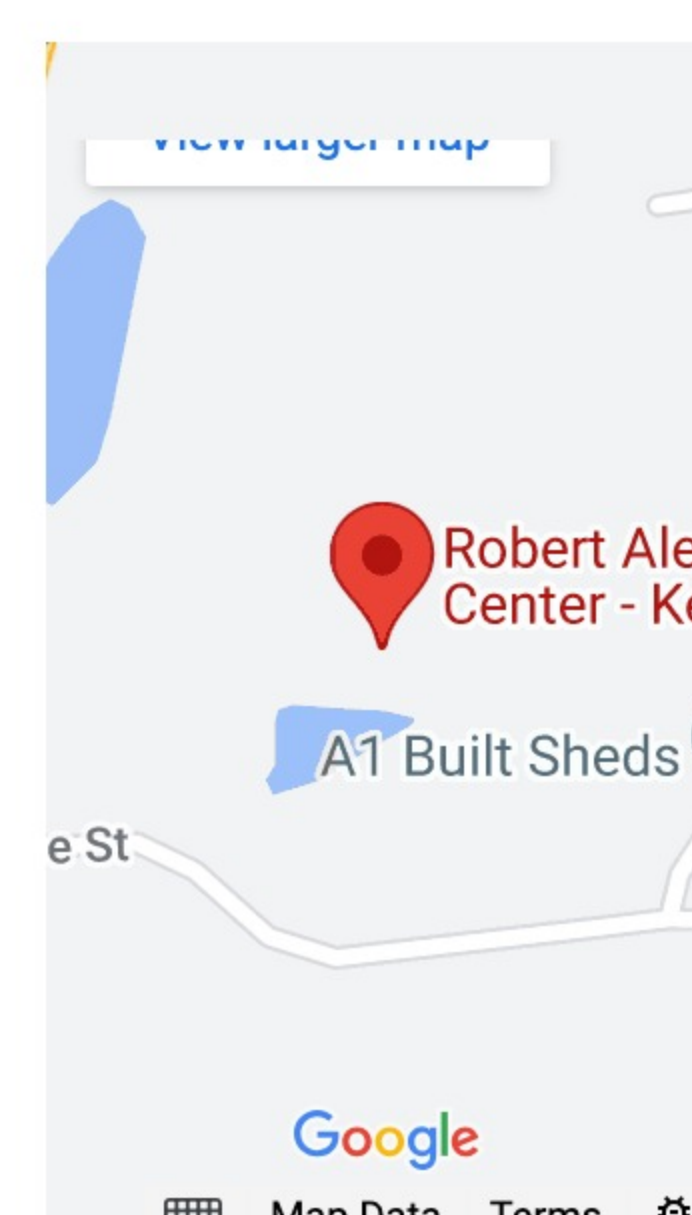
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