

Anxiety Disorder Resources

There are a number of resources—online and offline—to help you get in contact with a mental health professional or other forms of support.

Xanax[®]
alprazolam tablets 



Anxiety Treatment Resources

If you or a loved one require additional help with managing anxiety, some resources include:

Treatment Help Center

- <https://www.apa.org/topics/mental-health/help-emotional-crisis>

Self-help Publications

- <https://adaa.org/educational-resources>

Support Groups

- <http://www.adaa.org/supportgroups>

Other Resources for Support and Learning

- <https://www.apa.org/topics/crisis-hotlines>



Generalized Anxiety Disorder and Panic Disorder Resources

If you think you or a loved one may have generalized anxiety disorder or panic disorder, talk to your doctor. Get more information about these conditions by visiting:

Understanding Anxiety

- <http://www.adaa.org/understanding-anxiety>
- <http://www.apa.org/topics/anxiety/index.aspx>

Generalized Anxiety Disorder (GAD)

- <http://www.adaa.org/generalized-anxiety-disorder-gad>

Panic Disorder and Agoraphobia

- <http://www.apa.org/topics/anxiety/panic-disorder.aspx>



Proper Use Resources

Psychological dependence is a risk with all medications called benzodiazepines, including XANAX. This risk may increase if someone:

- takes a dose greater than 4 mg/day for an extended period of time
- has a history of alcohol or drug abuse

Proper use may be an issue for some people taking XANAX. Some people have experienced considerable difficulty when tapering off of or stopping XANAX use, especially those taking higher dosages over a longer period. Anyone prone to addiction should be watched carefully when taking XANAX.

The following resources offer information about the proper and improper use of benzodiazepines:

Medication As Treatment

- <http://www.adaa.org/finding-help/treatment/medication>

Safety Concerns and Risk Factors

- <http://www.helpguide.org/articles/anxiety/anxiety-medication.htm#safety>

Drug Dependence and Withdrawal

- <http://www.helpguide.org/articles/anxiety/anxiety-medication.htm#dependence>



If you or a loved one think you see the warning signs of benzodiazepine abuse, call the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline at 1-800-662-HELP (4357).

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IMPORTANT SAFETY INFORMATION AND INDICATIONS

What is the most important information I should know about XANAX?

- XANAX is a benzodiazepine medicine. Taking benzodiazepines with opioid medicines, alcohol, or other central nervous system depressants (including street drugs) can cause severe drowsiness, breathing problems (respiratory depression), coma, and death.

Please see additional Important Safety Information and Indications on next page and click here to see [Full Prescribing Information, including Boxed WARNING, and Medication Guide](#).

IMPORTANT SAFETY INFORMATION AND INDICATIONS (continued)

Get emergency help right away if any of the following happens:

- Shallowed or slowed breathing
- Breathing stops (which may lead to the heart stopping)
- Excessive sleepiness (sedation)

Do not drive or operate heavy machinery until you know how taking XANAX with opioids affects you.

- **There is a risk of abuse, misuse, and addiction with XANAX, which can lead to overdose and serious side effects, including coma and death, delirium, paranoia, suicidal thoughts or actions, seizures, and difficulty breathing. You can develop an addiction even if you take XANAX as prescribed by your healthcare provider.**
- **XANAX can cause physical dependence and withdrawal reactions. Do not suddenly stop taking XANAX as it may lead to serious and life-threatening side effects,** including unusual movements, responses, or expressions, seizures, sudden and severe mental or nervous system changes, depression, seeing or hearing things that others do not, an extreme increase in activity or talking, losing touch with reality, and suicidal thoughts or actions.

CALL YOUR HEALTHCARE PROVIDER OR GO TO THE HOSPITAL EMERGENCY ROOM RIGHT AWAY IF YOU GET ANY OF THE ABOVE LIFE-THREATENING OR SERIOUS SIDE EFFECTS.

XANAX is a federal controlled substance (C-IV) because it can be abused or lead to dependence. Keep XANAX in a safe place to prevent misuse and abuse. It is not known if XANAX is safe and effective in children.

Do not take XANAX if you are allergic to alprazolam, other benzodiazepines, or any of the ingredients in XANAX. Do not take XANAX if you are taking antifungal treatments, including ketoconazole or itraconazole.

Before you take XANAX, tell your healthcare provider about all your medical conditions, including if you:

- Have or have had depression, mood problems, or suicidal thoughts or behavior.
- Have liver or kidney problems.
- Have lung disease or breathing problems.
- Are pregnant or plan to become pregnant. Taking XANAX late in pregnancy may cause your baby to have symptoms of sedation and/ or withdrawal symptoms. Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with XANAX.
- Are breastfeeding or plan to breastfeed. XANAX passes into your breast milk. Breastfeeding is not recommended during treatment with XANAX.

Tell your healthcare provider about all the medicines you take, including prescriptions and over-the-counter medicines, vitamins, and herbal supplements. Taking XANAX with certain other medicines can cause side effects or affect how well XANAX or the other medicines work. Do not start or stop other medicines without talking to your healthcare provider.

Take XANAX exactly as your healthcare provider prescribed.

- Do not take more XANAX than prescribed or take XANAX for longer than prescribed.
- Do not share your XANAX with other people.
- Keep XANAX in a safe place and away from children.

XANAX may cause serious side effects, including:

- See "What is the most important information I should know about XANAX?"
- **Seizures.** Stopping XANAX can cause seizures and seizures that will not stop (status epilepticus).
- **Mania.** XANAX may cause an increase in activity and talking (hypomania and mania) in people who have depression.
- **XANAX can make you sleepy or dizzy and can slow your thinking and motor skills.** Do not drive, operate heavy machinery, or do other dangerous activities until you know how XANAX affects you.
- **Do not drink alcohol or take other drugs that may make you sleepy or dizzy while taking XANAX without first talking to your healthcare provider.** When taken with alcohol or drugs that cause sleepiness or dizziness, such as opioid medications or sleeping pills, XANAX may make your sleepiness or dizziness much worse.

The most common side effects of XANAX include problems with coordination, hypotension, trouble saying words clearly, and changes in sex drive (libido).

INDICATIONS

XANAX (alprazolam) is indicated for the management of anxiety disorders and the short-term relief of symptoms of anxiety in adults. XANAX is also indicated for the treatment of panic disorder in adults with or without a fear of places and situations that might cause panic, helplessness, or embarrassment (agoraphobia).

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. All decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

Click here to see [Full Prescribing Information, including Boxed WARNING, and Medication Guide.](#)

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XAN-2022-0228 V2