

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.

3. Don't use alone - have someone around who isn't under the influence and can look after you if you have a negative reaction.

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.

