

# Depressants



Central Nervous System (CNS) Depressants are medicines that include sedatives, tranquilizers, and hypnotics. These drugs can slow brain activity, making them useful for treating anxiety, panic, acute stress reactions, and sleep disorders. CNS depressants cause drowsiness; sedatives are often prescribed to treat sleep disorders like insomnia and hypnotics can induce sleep, whereas tranquilizers are prescribed to treat anxiety or to relieve muscle spasms. These drugs are often referred to as 'benzos', short for benzodiazepines, or 'downers.'

**Drug use problems can be complex and often vary from person to person. It is important to note that the information provided is to be used as a guide only and may not be suitable for your own situation.**



Copyrighted by  
McHenry County  
Substance Abuse Coalition



## COMMON DEPRESSANTS:

- Alcohol
- Valium
- Ambien
- Klonopin
- Xanax
- Prozac

**Illicit Drugs: Rohypnol  
(Flunitrazepam)  
& Gamma Hydroxy Butyrate (GHB)**

## PHYSICAL EFFECTS:

- Slurred Speech
- Droopy Eyelids
- Poor Concentration
- Relaxed Inhibitions
- Confusion
- Uncoordinated
- Headaches
- Drowsiness
- Light Headedness
- Dizziness
- Dry Mouth
- Drunk-like behavior
- Problems with Movement and Memory
- Thick Slurred Speech
- Unsteady/Staggering Walk
- Wide Variety of Emotional Behavior

## METHODS OF INGESTION:

- Inhaling/smoking
- Swallowing (pill)
- Snorting
- Injecting the powder that has been dissolved in water/alcohol

## COMMON SIGNS OF USE:

- Speech
- Coordination
- Mobility

**(Intensity and level of impairment of effects vary depending on: Drug and dosage amount, Age, Weight, and Tolerance level).**

## OVERDOSE EFFECTS:

- Shallow Breathing
- Clammy Skin
- Rapid or Weak Pulse
- Dilated Pupils

**Scan me to learn more!**

**Sources:**

<https://www.drugabuse.gov/publications/drugfacts/prescription-cns-depressants>  
<https://www.drugfreeworld.org/drugfacts/prescription/depressants.html>  
International Association of Chiefs of Police ARIDE program

