A PAUSE, A PRACTICE, A NEXT STEP

Sedatives & Benzodiazepines

Make a safe plan for medicines such as Xanax or Ativan.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Have the medicine name ready

Check the bottle or bring a photo of its label. Tell your prescriber what you take, how often, and when you last took it. Let them know if it came from somewhere other than a pharmacy.

01 / Notice and reflect

What is the medicine called?

02 / Notice and reflect

What happens when I miss a dose?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Call 911 for a seizure, trouble breathing, or someone who will not wake up. If an opioid may also be involved, give naloxone if available. Stay with the person until emergency help arrives, even if they wake up.

Read more: FDA · Safe use of benzodiazepines and withdrawal risks

More tools and immediate support: Our Healing Room / Crisis Support.