

Sedative Addiction

An addiction to sedatives can be a difficult thing to face. From the physical addiction to the drugs to having to suffer minor withdrawal symptoms when trying to quit, there are many obstacles on the road to recovery from sedative abuse. In general, those who abuse sedatives use drugs that are classified in two main categories - major and minor tranquilizers. More information on the types of sedatives frequently abused can be found below, but no matter what types of sedatives are abused, there are many serious dangers involved with this type of addiction. Before we get to how you get treatment, here is more information on addictions to sedatives and why they are so important.

Types of Tranquilizers Abused

When it comes to sedatives, there are two types of tranquilizers that are frequently abused - major and minor. Both of these groups have several different brands or sub-types of medications.

Major Tranquilizers

Also known as anti-psychotic medications, some more common types of the major tranquilizers are:

- Haldol
- Thorazine
- Navane
- Prolixin
- Mellaril
- Trilafon

Minor Tranquilizers

Often used to help with anxiety and other mild emotional problems, common minor tranquilizers include:

- Ativan
- BuSpar
- Halcion
- Xanax
- Valium

Symptoms of Sedative Addiction

While the signs of sedative addiction will vary slightly depending on the exact drug that is being abused most frequently, there are some common themes present with addictions to sedatives.

- Various emotional and social problems as a result of sedative abuse are a common symptom found in people who abuse sedatives.
- The build up of a tolerance level to the various types of sedatives is a good sign that someone may be addicted to sedatives.
- Nightmares and other sleeping problems are also found in people suffering from a sedative addiction.
- Frequent relapses after quitting are a sign of a serious problem with an addiction to sedatives.

Dangers of Addiction to Sedatives

There is a particularly high rate of people who relapse and start to abuse sedatives once again. This is one of the big dangers of a sedative addiction, but there are other risks involved as well. From health problems to mental health disorders there are many things to consider when talking about a sedative addiction. The possibility of an over dose is also a real danger. As you can see, there are quite a few risks that come with being addicted to sedatives.

Treatment for Sedative Addiction

On GoMentor.com you can book online therapy sessions for treatment of an addiction to any of the various sedatives that are abused. Online treatment for sedative addictions may be new, but that does not mean it is a waste of time. In fact, many find the online therapy very useful in helping treat sedative withdrawal and the psychological problems that come with it so that recovery can avoid relapses. Sedative addiction relapses are a problem for many people, but with online counseling, you can get help when you need it. Book a session on GoMentor.com today to get help with treatment for sedative addiction.

Definition of Sedative Addiction

Sedative addiction is defined as the inability to stop using various sedatives despite continued use having a drastic negative effect on a person's life. Various types of sedatives exist, with most broken down into two groups - major and minor tranquilizers. Treatment for the symptoms of sedative addiction are possible with therapy and counseling.

- Tolerance
- Social problems
- Nightmares
- Emotional problems