

A background image of a beach at sunset. The sky is a mix of orange and yellow, and the ocean waves are visible in the distance. In the foreground, there is a close-up of the sand with a few footprints. A white rectangular box with a thin orange border is centered on the page, containing the main text.

Benzo Detox Treatment

Find addiction treatment help
today at Beaches Recovery!

866.605.0532

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Benzodiazepines, which are commonly referred to as “benzos,” are commonly prescribed to treat anxiety, panic disorders, and seizures. While they are effective in treating a number of conditions that involve excessive nerve activity in the brain, benzos are also highly addictive. As is the case with any legally prescribed substance, it can be difficult to determine when someone develops a problem with benzos.



Once someone develops a tolerance to benzodiazepines, they have to go through a benzo detox to recover. Tolerance can develop when someone uses a high dose of benzodiazepines or uses them for an extended period of time. Once they quit using, they can develop withdrawal symptoms. Since these symptoms can be uncomfortable or even painful, many individuals would rather keep using benzos than go through the detox process.

Overcoming any addiction is difficult. However, if you or a loved one is struggling with an [addiction to benzodiazepines](#), you can find help at Beaches Recovery. Our [Jacksonville benzo detox center](#) offers professional care in a safe, supportive environment. We can set you up for long-term success in sobriety through individual and group therapy as well as medication-assisted treatment.

Reach out to Beaches Recovery today by calling [866.605.0532](tel:866.605.0532) or contacting us online to learn more about our benzo detox center program in Florida.

“This place truly saved my life. After going to a few other rehabs my parents did not believe it could work. After all the calls I made, I finally got to beaches recovery who actually cared enough to take the time to talk with my family. When I got to the center, it was clean and they got me feeling better quick. I ended up staying for 120 days and then going to sober living. Thank you, everyone, I’m so grateful for this place.”

Michael

Do You Need Benzo Detox?

Before entering [detox program](#), you should determine if you are in need of professional help. Since benzodiazepines are typically prescribed by a doctor, you might have difficulty determining if you are developing dependence or tolerance. Whether you are concerned for yourself or for a loved one, there are a few signs of benzo addiction that you can look for.

- Physical weakness
- Blurred vision, drowsiness, or confusion
- Poor judgment or thinking
- “Doctor shopping” (visiting more than one doctor to get multiple prescriptions)
- Asking friends, family, colleagues, and/or classmates for their benzodiazepine pills
- Trying to cut back on the volume of abuse but not being able to do so
- Mood changes or increased anxiety or insomnia
- Risk-taking behaviors, such as driving after abusing benzodiazepines
- Needing to take more in order to feel the same effects
- Combining benzodiazepines with alcohol or other drugs

While addiction can look different in every individual, if you notice these signs in yourself or someone you love, it's time to get help. Admitting that you need help is the first step in the journey to recovery.

Going Through Benzo Detox

In a benzo detox center, you can begin to rebuild your life and develop healthy coping skills for lifelong sobriety.

What can you expect in our benzo detox center? In the first stage of benzo detox, individuals will go through the withdrawal process. While benzodiazepine withdrawal symptoms can vary from person to person, there are some common symptoms that most people will experience. If someone quits cold turkey, these symptoms can even be life-threatening. Because of this, it is important to only go through benzo detox at a professional treatment center, where you'll have access to medical care if necessary.

Individuals who have been on this drug for long periods or who take higher doses are more likely to experience withdrawal symptoms. Some of the symptoms include side effects, such as:

- Seizures
- Sweating
- Headaches
- Panic Attacks
- Irritability
- Hallucinations
- Dizziness
- Insomnia
- Anxiety

Normally, doctors prescribe benzodiazepines to treat insomnia and/or anxiety disorders.

When someone stops taking the drug, it can cause their anxiety, insomnia, and restlessness to worsen. These rebound effects typically last about two to three days.

If someone has used this drug for a long time, the symptoms of anxiety and nervousness can be even worse. Even individuals who have never had anxiety before can experience increased anxiety during withdrawal from a benzodiazepine.

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How Long Does Withdrawal Last?

The half-life of benzodiazepines depends on the brand. A short-acting drug will have symptoms that start sooner than a long-acting drug. In general, patients will start having withdrawal symptoms six to eight hours after quitting short-acting benzos. Longer-acting benzos cause withdrawal symptoms to start 24 to 48 hours later.

Depending on the type of drug and the individual's addiction, it can take as little as seven days to finish the withdrawal process. In severe cases, withdrawal can last up to three months. A benzo detox program can

help patients wean themselves off the medication safely.



Getting Help With Detox

During benzo detox, patients get help removing the drug from their bodies. At a treatment center, the patient is monitored continuously by medical staff. This helps to prevent and alleviate severe side effects. Since up to 30 percent of patients who quit cold turkey experience grand mal seizures, it is vital for patients to go through detox only at a treatment center.

The right detox center offers patients programs that help with their long-term recovery. Patients can get help through options such as:

- **Group therapy** - Learn about the experiences of your recovery-focused peers and develop a network of support
- **Cognitive-behavioral therapy** - This type of individual therapy helps patients

learn healthy coping skills for dealing with stressful or triggering situations

- **Nutrition support** - Addiction can damage both the body and the mind, but proper nutrition can help you begin to heal
- **Medical supervision and care** - In an inpatient setting, patients have access to medical care around the clock
- **Dual diagnosis treatment** - Many of those who struggle with addiction also deal with mental health issues, and in a professional detox program, you'll find help for both
- **Addiction education** - Understanding the science of addiction and how it can affect your life can be a motivating force



For the best chances of recovery, it is important to find the right treatment center. With the right care, patients can prepare for lifelong, healthy sobriety. At Beaches Recovery, we offer a range of treatment options in a comfortable environment. You can focus on your recovery away from the distractions of everyday life.

Preparing for Recovery

For many individuals who struggle with addiction issues, recovery is a lifelong journey that does not end with detox. Instead, detox is only the first step in getting treated for an addiction. Afterward, patients can start the rehab process. During this stage, patients may receive counseling for trauma and underlying problems that fuel their addiction. They also may receive medical and nutritional support as their body recovers.

Depending on the treatment center, patients can choose inpatient or outpatient rehab. With inpatient rehab, the patient remains at the facility all the time for continuous medical supervision and support. An outpatient rehab program usually requires patients to be at the treatment center several days a week. While inpatient treatment offers more intensive care, outpatient rehab is a better option for someone who has family or work responsibilities to take care of during addiction treatment. Some of those in outpatient programs also live in a sober living community for an extra layer of accountability and support in their recovery. If you are ready for more independence but do not have a supportive home environment, this option could be right for you.

After going through our benzo detox program at Beaches Recovery, you can continue treatment in one of our treatment programs:

- **Inpatient drug rehab center** - Live in a secure, supportive environment as you begin to heal
- **Partial hospitalization program** - Receive structured addiction treatment while living at home or in community housing
- **Intensive outpatient program** - Begin taking steps towards independence while still receiving the care you need
- **Outpatient drug rehab center** - Return to daily responsibilities while going through a treatment program that fits your schedule
- **Sober living program** - Find support and accountability by living with recovery-focused peers
- **Dual diagnosis treatment center** - Help for co-occurring mental health issues and addiction
- **Men's drug addiction rehab program** - Find a safe space to open up about your experiences with addiction
- **Women's drug addiction rehab program** - Discuss how addiction has impacted your life with other women in recovery

Beaches Recovery exists to provide affordable, professional addiction treatment to all who need it. Learn more by contacting our team of addiction specialists today.

Find Help at Beaches Recovery

If you or a loved one is struggling with an addiction to benzodiazepines, you might feel isolated or overwhelmed. Maybe you have tried to quit before and failed, or you're worried about painful or uncomfortable withdrawal symptoms. Wherever you are in your journey to overcome addiction, Beaches Recovery can help. In our benzo detox program, you'll find compassionate care, expert medical interventions, and accountability and support for the challenging days of early recovery. In addition, all of our patients take part in targeted, evidence-based counseling to help them begin their journey to lasting sobriety with a strong foundation.

Don't hesitate to get the help you need. While recovering from an addiction is not always easy, with the right treatment options, patients can get a head start on their recovery. Through our Jacksonville, Florida benzo detox and rehab center, you can get the care you need as you become sober. To learn about the different options available for your treatment, call Beaches Recovery today at [866.605.0532](tel:866.605.0532) or [contact us online](#), and start rebuilding your life today.