



Xanax Addiction Rehab Center

Find addiction treatment help
today at Beaches Recovery!

866.605.0532

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Xanax is usually prescribed to people who struggle with panic attacks and anxiety. Although it can be helpful in the short-term, long-term misuse can lead to dependence and addiction. If you or a loved one is taking Xanax, it's important to know the signs, risks, and treatment available for Xanax addiction. Knowing more about Xanax addiction can help you determine if you or a loved one needs help at a Xanax addiction rehab center to get clean from this type of benzodiazepine medication.

At Beaches Recovery, healing begins with education and evaluation. With millions of Americans suffering from [prescription drug abuse](#), our addiction specialists aim to help anyone who reaches out to our rehab center in Jacksonville, FL.



What Is Xanax?

Xanax is a type of benzodiazepine medication. It is normally prescribed to treat anxiety disorders and anxiety symptoms of depression. However, this prescription drug is an addictive substance when improperly used.

Misuse can result in addiction, overdose, or death. When someone becomes addicted to Xanax, the calming effects on the brain and central nervous system turn into a health risk. Dangerous side effects include severe drowsiness, slowed breathing, and loss of consciousness.

Signs of Xanax Abuse

There are several signs of [Xanax addiction](#) you can easily spot in yourself or a loved one. These signs can change depending on the person. You may not see all of these symptoms. If that's the case, they may still have problems with Xanax abuse or addiction. [Reach out to an addiction specialist](#) if you need help after seeing the symptoms of Xanax addiction.

One of the most noticeable Xanax addiction signs is the side effects of taking too much of it. People who have taken too much Xanax can have slurred speech, confusion, dizziness, drowsiness, and weakness.

In extreme cases, they can show a lack of coordination, have difficulty breathing, or go into a coma.

Another common sign of Xanax addiction is how much time someone devotes to the substance. People who are addicted to Xanax use it longer than intended and spend a lot of time trying to get more. This may include “doctor shopping” or using a friend’s prescription. They will also have cravings for it and spend a lot of time recovering from the adverse effects of using it off-label.

People who are addicted to Xanax often have problems meeting work, school, and social obligations. This includes reduced participation or not showing up at all. All these signs surely indicate the need for a Xanax addiction treatment center like Beaches Recovery.

People who are showing other Xanax addiction symptoms may also not be able to stop using. That’s because people who are addicted to Xanax continue to take the drug to feel normal. The body gets acclimated to functioning on the substance. When someone is addicted, they experience withdrawal symptoms whenever they stop using.



Put a Stop to Xanax Abuse

Call 866.605.0532.

Symptoms of Xanax Withdrawal

There are many withdrawal symptoms for Xanax to cope with. These symptoms can vary in intensity depending on how long someone has gone without taking the drug. It also varies based on the amount taken, if other substances were abused, and pre-existing medical issues. Knowing what signs show up during a Xanax withdrawal timeline can also help you figure out if you or a loved one is struggling with Xanax abuse.

Xanax withdrawal symptoms usually start 6 to 12 hours after the last dose taken. In the first 1 to 3 days, people can experience the following:

- Nausea
- Vomiting
- Mood Swings
- Diarrhea
- Nervousness
- Insomnia
- increased Heart Rate
- Tremors
- Seizures

Some of these symptoms will lessen after the third day. Others can grow more intense.

On day 4, more symptoms can appear. These symptoms include:

- Cravings
- Depression
- Irritability
- Racing Thoughts
- Additional Sleep Problems

Some people may also experience increased or rebound anxiety. These symptoms typically last until the end of the first week.

During the second week, people going through withdrawal will have continued problems. Although most symptoms will fade out by this point, they may still experience anxiety, depression, mood swings, irritability, sleep problems, and cravings.

When week three starts, their cravings will start to decrease. Anxiety, agitation, depression, and irritability will still be present though. Those symptoms can last for another two to five months or longer, depending on the person and the other mental conditions they have.

If you or a loved one experiences withdrawal symptoms when not taking Xanax, start substance abuse treatment programs to overcome addiction. To deal with withdrawal, the [Xanax detox center at Tides Edge](#) will keep you safe and comfortable.



“Beaches Recovery changed my life! The staff are supportive and caring. From therapy, yoga and meditation, to art, and more therapeutic activities, I learned how to live without drugs or alcohol. I now live a healthier life by working with my sponsor and attending meetings. Also going to the beach! Thanks Beaches!”

- Ashley

Getting Help at the Xanax Addiction Rehab Center

If you or a loved one is showing signs of Xanax addiction, help is always possible. Beaches Recovery is the quality Xanax addiction rehab center that can help you achieve and maintain a sober life.

At Beaches Recovery, we offer all our clients individualized care. Before treatment begins, we meet with our clients one-on-one to assess what they need from treatment. Then we create a unique treatment schedule with programs that can help them recover. Some of these treatment programs include:

- [Men’s prescription drug rehab program](#)
- [Women’s prescription drug rehab program](#)
- [Benzo addiction rehab program](#)

- [Executive drug addiction rehab program](#)
- [First responder drug rehab program](#)
- [Fresh start DUI program](#)

Xanax Rehab Levels of Care

Depending on the severity of Xanax abuse, more or less structured drug rehab programs can be used for treatment. The same treatment and therapy options are available in various intensities during each level of care.

From highly structured settings to normal everyday routines, levels of care include:

- **Residential addiction treatment program** – residential care provides 24/7 support and a highly structured environment. Staying overnight at a Xanax rehab center gives you a drug-free and trigger-free setting to recover in.
- **Partial hospitalization program (PHP)** – PHP offers medical attention only when it is needed. This program transitions a person from inpatient treatment to returning home.
- **Intensive outpatient program (IOP)** – IOP is a great option for those who need to continue family obligations or work on their careers or school. Treatments and therapies are scheduled throughout the week or weekend with clients returning home afterward.
- **Outpatient treatment program** – Those with less severe addiction can attend outpatient rehab for a viable, less intense

program. Those who use this option find increased privacy and lower costs.

- **Sober living program** – Sober living homes provide a safe place to stay with support as individuals transition back into the real world. Find support from professionals and peers in this structured environment.

It is critical to move through different levels of care and stay active in recovery. Information from the National Institute on Drug Abuse shows relapse rates of 40 to 60 percent are normal compared to other chronic conditions. However, the longer you stay in treatment the less likely you are to experience a relapse.

Whichever level of care you choose, you should discuss the options and your concerns with a rehab specialist. Beaches Recovery experts will help you review the pros and cons of each inpatient and outpatient care option based on your unique situation and treatment needs. Call [Direct] to speak with our specialists today.

Addiction Treatment Therapies

During all levels of care, you can expect to participate in any number of beneficial therapies. These programs uncover underlying issues contributing to Xanax abuse and help you move past them. Addressing these addiction triggers, addiction therapists help clients rebuild their foundation of coping skills. Some therapies will rewire harmful thought patterns while others introduce healthy hobbies.

Build skills, gain access to recovery resources, and more with the following:

- **[Individual, group, and family therapies](#)**
 - work through problems individually, with peers, or as a family
- **[Cognitive-behavioral therapy \(CBT\)](#)**
 - change negative thought patterns to positive ones
- **[Nutrition therapy](#)** – heal your mind and body with healthy eating habits
- **[Mindfulness-based stress reduction therapy](#)** – reduce the stress that often leads to relapse
- **[Dialectical behavior therapy \(DBT\)](#)** – gain mood regulation skills
- **[Trauma therapy](#)** – reduce symptoms of post-traumatic stress disorder attributing to substance abuse
- **[Outdoor ropes course therapy](#)** – work as a team to overcome challenges and communication problems
- **[Art and music therapy](#)** – start a healthy hobby to express yourself
- **[Yoga therapy](#)** – center your mind, body, and spirit to overcome addiction

Dual Diagnosis Treatments

Co-occurring substance abuse and mental health disorders pose a unique problem for recovery. However, treating both issues simultaneously reduces the risk of relapse in both disorders. [Dual diagnosis treatment](#) combines approaches from drug rehab and mental health treatment to instill the best coping skills and support network.

Recover From Xanax Addiction

Beaches Recovery's Xanax addiction treatment center is located in Jacksonville, FL. We provide the latest treatment modalities to provide lasting recovery. The evidence-based treatment and holistic therapies will give you the tools needed to rebuild your life after a period of Xanax abuse.

If you notice Xanax addiction signs in yourself or a loved one, reach out to our Xanax addiction rehab center in Jacksonville. Our addiction treatment specialists will guide you through the process and transition you from different levels of care. [Contact Beaches Recovery](#) for more information about the recovery process. Call [866.605.0532](tel:866.605.0532) to speak with an expert about starting Xanax rehab today.

**Call us today at
866.605.0532.**