



For Help, Call Today

The Campus Assistance Program

The Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

How Do I Contact the CAP?

For more information or for an appointment with a counselor, please call: **(504) 568-8888**.

A counselor is on call and available to you 24 hours a day, seven days a week.

The CAP is located in the Human Development Center at 411 S. Prieur St. New Orleans, LA 70112.

LSUHSC Campus Assistance Program

About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

Contact Us

Phone: (504) 568-8888

Email: cap@lsuhsc.edu

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>



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Campus Assistance Program



Facts About Drugs: Sedative Hypnotics

*Prepared by The LSUHSC Campus Assistance Program.
(504) 568-8888*

What are Sedative Hypnotics?

Sedative-hypnotics are drugs which depress or slow down the body's functions. Often these drugs are referred to as tranquilizers and sleeping pills or sometimes just as sedatives. Their effects range from calming down anxious people to promoting sleep. Both tranquilizers and sleeping pills can have either effect, depending on how much is taken. At high doses or when they are abused, many of these drugs can even cause unconsciousness and death.

Barbiturates and benzodiazepines are the two major categories of sedative-hypnotics. Some well-known barbiturates are secobarbital (Seconal) and pentobarbital (Nembutal). Diazepam (Valium), Xanax, Ativan, and Klonopin are examples of benzodiazepines. These drugs can be dangerous when they are not taken according to a physician's instructions.

How dangerous are barbiturates?

Accidental deaths sometimes occur when a user takes one dose, becomes confused and unintentionally takes additional or larger doses. With barbiturates there is less difference between the amount that produces sleep and the amount that kills. Furthermore, barbiturate withdrawal can be more serious than heroin withdrawal.

Small amounts produce calmness and relax muscles. Somewhat larger doses can cause slurred speech, staggering gait, poor judgment, and slow, uncertain reflexes. These effects make it dangerous to drive a car or operate machinery. Large doses can cause unconsciousness and death.

Why are sedative hypnotics addictive?

Regular use over a long period of time may result in tolerance, which means people need more of the drug to get the same effects. When regular users stop using large doses suddenly, they may develop withdrawal symptoms ranging from restlessness, insomnia and anxiety, to convulsions and death. When users become psychologically dependent; they feel as if they need the drug to function. Finding and using the drug becomes the focus in their life.

Why is it dangerous to combine sedative-hypnotics with alcohol?

Taken together, alcohol and sedative-hypnotics can kill. The use of barbiturates and other sedative-hypnotics with other drugs that slow down the body, such as alcohol, multiplies their effects and greatly increases the risk of death. Overdose deaths can occur when barbiturates and alcohol are used together, either deliberately or accidentally.

What are the dangers of sedative-hypnotics to pregnant women?

Babies born to mothers who use sedatives during their pregnancy may be physically dependent of the drugs and show withdrawal symptoms slowly after they are born. Their symptoms may include breathing problems, feeding difficulties, disturbed sleep, etc.

Resources

The internet is filled with information about sedative-hypnotics, barbiturates, and many other drugs. Some of the more helpful websites and resources out there are listed below.

The National Library of Medicine

<https://www.ncbi.nlm.nih.gov/books/NBK562309/>

Cleveland Clinic- Barbiturates

<https://my.clevelandclinic.org/health/treatments/23271-barbiturates>

United States Drug Enforcement

Administration- Barbiturates Fact Sheet

https://www.dea.gov/sites/default/files/2020-06/Barbiturates-2020_0.pdf

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/>

Partnership to End Addiction

<https://drugfree.org/>

If you, a family member, or anyone you know has a problem with sedative-hypnotics, barbiturates, or any other drug, please contact the **LSUHSC Campus Assistance Program** at **(504) 568-8888** for a **free** and **confidential** evaluation.

