

BENZOS

(benzodiazepines)

WHAT ARE BENZOS? HOW DO THEY WORK?

Benzodiazepines are depressant drugs. They are commonly used for the treatment of anxiety, sleep disorders, and seizures. Benzos are commonly prescribed as pills. Some benzos like bromazolam and etizolam are only produced illicitly and we see them often in powder form mixed into down.

Benzos act on the central nervous system by enhancing binding of GABA to GABA-A receptors. This release of GABA is what produces the calming and hypnotic effects of benzos.

GLOSSARY

Duration: refers to the half-life, or the time it takes for your body to process the drug.

Strength: the potency of the drug. We compare the strength of benzos to Xanax bars as its a tangible way to visualize the amount of benzo present.

MORE INFO

- Tripsit benzo dosage converter: <https://benzo.tripsit.me/>
- <https://psychonautwiki.org/wiki/Benzos>
- <https://www.erowid.org/search.php?exclude=&q=benzo&x=0&y=0>

COMMON BENZOS

Alprazolam (Xanax)

Duration: 5-8 hours

Strength: it is Xanax!

What do we find it in? pressed benzo pills, rarely in down

Bromazolam

Duration: 5-8 hours

Strength: similar to Xanax

What do we find it in? most common benzo we find in down and pressed benzo pills

Etizolam

Duration: 5-8 hours

Strength: 1/2 as strong as Xanax

What do we find it in? pressed benzo pills, occasionally in down

Flualprazolam

Duration: 5-8 hours

Strength: 2x stronger than Xanax

What do we find it in? pressed benzo pills, occasionally in down

Flubromazolam

Duration: 6-12 hours

Strength: 3x stronger than Xanax

What do we find it in? occasionally in pressed benzo pills and down

Flubromazepam

Duration: 12-18 hours

Strength: 1/5 as strong as Xanax

What do we find it in? occasionally in pressed benzo pills and down

Diazepam (Valium)

Duration: 10-24 hours

Strength: 1/20 as strong as Xanax

What do we find it in? pressed benzo pills

Lorazepam (Ativan)

Duration: 5-8 hours

Strength: 2/3 as strong as Xanax

What do we find it in? pressed benzo pills

HARM REDUCTION

- Start low and go slow!
- Each benzo is dosed differently. Consider using the Tripsit benzo dosage converter.
- Get your drugs tested when you can
- Try to use your own gear
- When possible, use with someone you trust that knows how to administer naloxone and give breathes. If you're with someone who's also using substances, consider staggering your consumption so you can be more alert for one another.

BENZOS IN DOWN

In 2023, we saw benzos in 47.4% of down samples across all of our locations. There are many reasons as to why benzos are being mixed with opioids, since they both have sedative effects. The volatility of the down supply with the added addition of benzos can complicate overdose situations. Naloxone is not effective against benzos however it is still crucial to administer naloxone and provide rescue breaths if benzos have been used. Breathes can be lifesaving!

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