

Xanax Addiction Treatment in Utah

pathwaysreallife.com/xanax-addiction-treatment-utah/



End Your Xanax Addiction Once and For All

Those who have become addicted to Xanax face very real problems. The addiction can affect all aspects of life – straining relationships with loved ones, causing forgetfulness, and leading to excessive absences at school or work. ***The professional team at Pathways Real Life Recovery has the knowledge and experience you're looking for when you or loved one is addicted to Xanax.*** We believe that each person who comes to us for Xanax treatment in Utah is unique, so we develop a unique plan to treat their addiction. Taking a holistic approach, we use a combination of evidence-based treatment models to help our patients attack the root cause of the addiction. Breaking an addiction to Xanax can be hard, but with the right support, you can find success. Contact [Pathways Real Life Recovery](https://pathwaysreallife.com) today for a **free assessment**.

Xanax Use and Abuse

Xanax (pronounced Zan-Ex) is the brand name of the chemical alprazolam, and it ***falls under the category of benzodiazepines***. Doctors prescribe the medication to treat [anxiety and panic disorders](#) because it reduces some of the activity of nerve cells in the brain to calm the patient down. The effects are almost immediate and can last up to six hours.

People sometimes use Xanax recreationally for its sedative effects, and teenagers often have access to a parent's prescription. This type of unauthorized use can easily lead to addiction, but even those using Xanax as a doctor prescribed can become addicted to the medication. Tolerance typically builds up over time, and the person doesn't realize they're addicted until it's too late. Anyone can become addicted to Xanax, but the right treatment program can help you break your addiction.

Signs of Xanax Addiction

Xanax addiction can look different in different people. Of course, the signs of addiction can go well beyond these physical symptoms. Often, people who are addicted to Xanax become socially withdrawn, preferring to stay in and take Xanax rather than going out with friends and family. The forgetfulness caused by the drug can mean forgotten social events and promises, which can lead to tension among friends.

The problems also start to spill into work. With the physical drowsiness and difficulty concentrating, work performance starts to slip. An addicted person might miss an important deadline or skip work altogether. Some people even lose their jobs.

Some of the most common physical symptoms are:

- Lack of coordination
- Feeling drowsy
- Sleeping for extended periods of time
- Memory problems or difficulty concentrating
- Headaches
- Nausea

If you're seeing these problems in yourself or in a loved one, you know that it's time to make some changes. You'll find no judgement at Pathways Real Life Recovery – just the treatment you need to get better.

Xanax Withdrawal and Detoxification

Those who stop taking Xanax often experience intense withdrawal symptoms, including:

- Agitation or aggression
- Aches and pains
- Stomach cramps
- Muscle cramps, spasms, and trembling
- Chills
- Heightened anxiety
- Diarrhea, nausea, and vomiting
- [Depression](#)
- Decreased appetite
- Sensitivity to light

Quitting Xanax “cold turkey” when you want to break the addiction is particularly dangerous. It can result in seizures, hallucinations, and even psychosis. ***The best way to stop taking Xanax is to slowly wean yourself off of the drug under the care of a team of medical professionals.*** They are able to help you minimize the withdrawal symptoms as your body detoxes from the drug. This increases your chances of success.

At Pathways Real Life Recovery, we partner with many of Utah's best detox centers. We'll help you understand what to expect as you go through detoxification and will be there to support you throughout an inpatient or outpatient program.

Xanax Treatment Services

Most people are addicted to Xanax on [both a physical and mental level](#), and it's important to address both of these issues while trying to break your Xanax addiction. The team at Pathways Real Life Recovery includes Addiction Specialists, Licensed Clinical Social Workers (LCSW), Licensed Marriage and Family Counselors (LMFT), Medical Doctors (MD), Addictionologists (MD), Recovery Specialists, Life Coaches, Self-Esteem Experts and EMDR (Trauma) professionals. Depending on your needs, you'll be able to meet with any of these specialists to help forge a path that's right for you.

While each patient we see receives his or her unique treatment plan, some of the most common elements

include:

We also know that [Xanax rehab](#) doesn't end with us. Staying away from Xanax abuse require a lifelong commitment. We strive to provide each of our patients with the skills they need to stay away from temptations on a permanent basis. With a complete aftercare plan, you can feel confident that you've finally broken your addiction.

Pathways Real Life Recovery Is a Xanax Abuse Rehab Center in Utah

Our patients are more than their addictions, and we treat each of them with the personalized attention they need. We are ***experienced with Xanax addiction treatment in Utah***, and we want to help you get your life back. You shouldn't have to go through breaking your Xanax addiction on your own. With a wide variety of experts at your service, you'll have the tools you need to stop using Xanax for good.

The caring staff at [Pathways Real Life Recovery](#) is ready to help you get back on track as quickly as possible. Call us today at 801-895-3006 for a free, no-obligation assessment for a personalized Xanax treatment program in Utah.