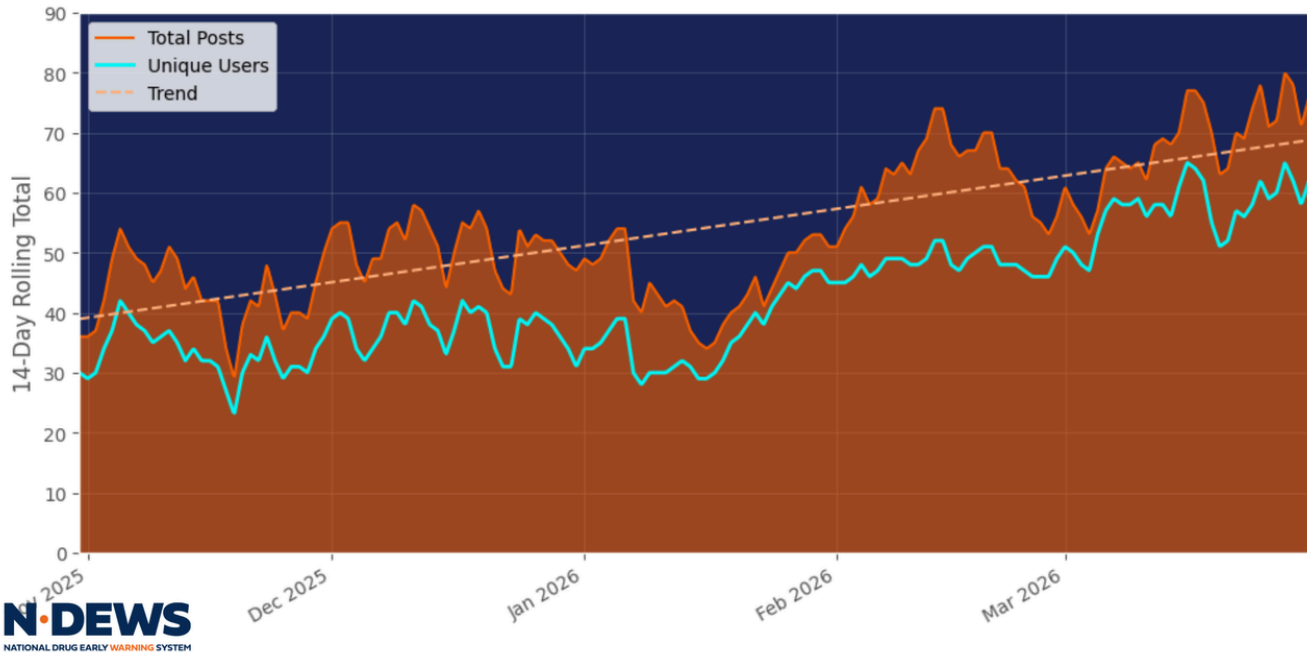


Alert from the NDEWS Web Monitoring Team Reddit mentions of Benzodiazepines

Sum of Benzodiazepine Reddit posts/unique users in a rolling 14-day window



Why are we reporting on this? Benzodiazepines and their research chemical analogs, such as bromazolam and fluoprazolam, are a frequent topic of discussion due to their reported addictive potential and the risks associated with withdrawal and polysubstance use. Reddit discussions include patterns of use such as utilizing these substances to terminate psychedelic experiences, manage stimulant comedowns, and as a substitute for alcohol. Commenters also discuss the availability of unregulated analogs and the potential for these products to contain unintended substances such as fentanyl and nitazenes."

What are Benzodiazepines? Benzodiazepines are a class of central nervous system depressants that act on GABA receptors to produce sedative, anxiolytic, and muscle-relaxant effects. This category includes common prescription medications like alprazolam (Xanax) and clonazepam (Klonopin), as well as a rapidly evolving market of research chemicals (RCs) or "novel benzodiazepines", such as bromazolam, flualprazolam, and etizolam, some of which are noted by discussants as being currently legal in certain regions in the world.

Public Health Impacts: Reddit discussants report significant adverse effects from long-term benzodiazepine use and abrupt cessation, including life-threatening seizures and protracted withdrawal syndromes characterized by extreme anxiety, insomnia, and cognitive impairment. Multiple commenters describe the "delusions of sobriety" associated with high doses, which often lead to dangerous disinhibition, blackouts, and accidental injury. There are frequent reports of severe respiratory depression when "downers" are combined with opioids or alcohol, a combination many discussants identify as potentially fatal.

How is it Being Discussed? Reddit commenters frequently compare the subjective effects of different analogs, often seeking equipotent doses to replace prescription medications. There is a strong focus on minimizing harm, with discussants sharing detailed guides on volumetric dosing and reagent testing to identify substances in pressed bars or "pressies" that mimic the appearance of pharmaceutical Xanax. Many threads center on the use of benzodiazepines as "landing gear" for stimulants like MDMA or methamphetamine, or as "trip killers" to abort challenging psychedelic experiences. Discussants also actively share tapering strategies, such as the Ashton Method, to manage physical dependence. The community frequently monitors the legal status of various analogs, noting that bans on popular chemicals like bromazolam often lead to the emergence of newer, less-studied compounds.