

Depressants

Name	Common names	What they do	Problems they cause
<p>Barbiturates (e.g., Amytal, Phenobarbital)</p> <p>Benzodiazepines (e.g., Ativan, Halcion, Xanax)</p>	<p>downers reds red birds phennies yellows yellow jackets</p> <p>candy downers sleeping pills tranks</p>	<p>Reduce anxiety</p> <p>Feeling of well-being</p> <p>Lower blood pressure</p> <p>Lower pulse</p> <p>Cause drowsiness</p>	<p>Impulsive behaviour Poor concentration Fatigue Confusion Poor judgment Slurred speech Dizziness</p> <p>Interferes with memory storage (blackouts)</p> <p>For Barbiturates: Medically dangerous withdrawal</p> <p>Death with overdose</p>
<p>Alcohol (Spirits, beer, wine)</p>		<p>Feeling of well-being</p> <p>Deaden pain</p> <p>Reduce social anxiety</p>	<p>Impulsive behaviour Poor concentration Fatigue Poor balance Poor coordination Confusion Poor memory Poor judgment Slurred speech Shrinks brain Liver damage Heart damage Birth defects Seizures</p> <p>Medically dangerous withdrawal</p> <p>Death with overdose</p>