



Thank you for considering Mindful for your mental health care.

We care very deeply about your health and wellbeing and believe in the power of compassionate transparency and collaboration. As providers, we strive to educate and empower; this pamphlet is to inform you about our philosophy on the use of benzodiazepines in the outpatient setting.

Benzodiazepines Include:

- Xanax – Alprazolam**
- Ativan – Lorazepam**
- Klonopin – Clonazepam**
- Restoril – Temazepam**
- Valium – Diazepam**
- Ambien – Zolpidem**

Benzodiazepines serve a very specific purpose in the mental health toolkit, especially for people suffering from anxiety and panic attacks. However, because of the unique properties of this medicine family, long--term use can cause physiological dependence (withdrawals) and psychological dependence (worsened anxiety when the medication is not available.) With more psychiatric medications and therapy approaches than ever, we enjoy equipping our patients with tools and support to manage mental health concerns without benzodiazepines.

For patients on benzodiazepines who choose to join our practice, your physician will work with you to taper off benzodiazepines over the next 3--6 months (or sooner if possible.) During this time, we will provide behavior modification, therapy (and sometimes refer to outside therapists), and medications to help you attain your mental health wellness goals.

If you're ready to explore your ideal mental health without the use of benzodiazepines, we welcome you to call us and schedule your appointment today.

Warm Regards,

Your Mindful Team