

QUIZ: Is My Teen Addicted to Xanax?

This checklist can help parents determine if their teen exhibits the symptoms of Xanax addiction. **Call the professionals at Artemis at 520.614.8647** to discuss results and learn more about receiving professional treatment.

Instructions: Read each statement and check off any signs that apply to your child. .

- ☐ My teen takes Xanax in ways other than prescribed.
- ☐ They keep running out of their prescription too early.
- ☐ They have mood swings or are more irritable than usual.
- ☐ My teen's grades have plummeted.
- ☐ They seem drowsy or out of it frequently.
- ☐ I've caught them being dishonest about medication use.
- ☐ They avoid talking about mental health or substance use.
- ☐ My teen has made changes in friend groups or social habits.
- ☐ I suspect they're mixing Xanax with alcohol or other drugs.
- ☐ Family support hasn't helped them stop the use.
- ☐ They avoid others and self-isolate in their bedroom.
- ☐ I observe issues with balance, coordination, or slurred speech.
- ☐ They continue to have anxiety or panic despite taking prescription Xanax.
- ☐ They worry about getting or taking their next dose.
- ☐ I am missing pills, money, or valuables from my home.

📞 NEXT STEPS: If you checked several boxes, your teen may be struggling with mental health concerns. While this quiz is not a diagnosis, it can help you decide to seek support. Call Artemis Adolescent Healing Center at 520.614.8647 to schedule a professional assessment and learn about personalized treatment options.



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