

ATTENTION! BENZODIAZEPINES

- *With regards to clinical treatment of acute distress, benzodiazepines are greatly over-prescribed in most emergencies. However, this medication may be appropriately prescribed for a very short time for certain specific clinical problems (e.g. severe insomnia). Nevertheless, caution is required as use of benzodiazepines may sometimes quickly lead to dependence, especially among very distressed persons. also, various experts have argued that benzodiazepines may slow down the recovery process after exposure to extreme stressors.*
- <https://interagencystandingcommittee.org/iasc-task-force-mental-health-and-psychosocial-support-emergency-settings/iasc-guidelines-mental-health-and-psychosocial-support-emergency-settings-2007> (page 120)