HARM REDUCTION GUIDE TO COMING OFF PSYCHIATRIC DRUGS AND WITHDRAWAL

October 13, 2010 By Will Hall

The Icarus Project and Freedom Center's 40-page guide gathers the best information we've come across and the most valuable lessons we've learned about reducing and coming off psychiatric medication. Includes info on mood stabilizers, anti-psychotics, anti-depressants, anti-anxiety drugs, risks, benefits, wellness tools, psychiatric drug withdrawal, information for people staying on their medications, detailed Resource section, and much more. A 'harm reduction' approach means not being pro- or anti-medication, but supporting people to make their own decisions balancing the risks and benefits involved. Written by Will Hall, with a 14-member health professional Advisory Board providing research assistance and 24 other collaborators involved in developing and editing. The guide has photographs and art throughout, and a beautiful original cover painting by Ashley McNamara.

Download a .pdf to read below. It is also easy to use the printer version to print and fold into a booklet (instructions below) for yourself.

You can also print multiple copies to distribute, or send to a print shop for color copies and stapling.

Download in English

Download in Spanish
http://theicarusproject.net/GuiaReduccionDelDanoDiscontinuacionDeDrogasPsiquiatricas

Download in German
http://theicarusproject.net/alternativetreatments/harmreductionguidegermantranslation-harmreduction-leitfadenzumrisikoarmenabsetzungvonpsychopharmaka

Download in Greek
http://theicarusproject.net/alternative-treatments/harm-reduction-guide-greek-translation

Download a printer version, with scrambled pages ready to fold

Download simple assembly instructions for the printer version

Read about the making of the guide

Audio talk on Coming Off Medications from 2009 Hearing Voices Congress
http://www.madnessradio.net/audio-extra/09HearingVoicesCongress-WillHallComingOffMedications.mp3

If you are looking for more information and support on psychiatric medication options including coming off/withdrawal, please see:

• the Icarus Project coming off forums (http://theicarusproject.net/forums/forumviewforum.php?f=64&aid=aff12b513b229419c4b5f6d24430c4e),
• Beyond Meds (http://bipolarblast.wordpress.com),
• ComingOff.com (http://www.comingoff.com),
• Madness Radio (http://www.madnessradio.net)
• Will Hall (http://www.willhall.net)