

## **Organizations to Help with Psychiatric Drug Withdrawal Process**

Author's note: For a variety of reasons, most physicians, nurse practitioners, and psychiatrists are poorly educated in the best ways to help people discontinue psychiatric drugs.

The following organizations provide written information, suggested tapering schedules, and support groups to help people who want to discontinue their drugs.

### **Easing Anxiety** <https://www.easinganxiety.com>

This website is devoted to educating people about anxiety issues and providing help for those who wish to withdraw from anti-anxiety drugs. They provide a link to The Ashton Manual, written by Dr. Heather Ashton, which is a complete guide to benzodiazepine drugs and suggested withdrawal processes. <https://www.benzoinfo.com/wp-content/uploads/2020/08/Ashton-Manual.pdf>

### **Harm Reduction Guide to Coming Off Psychiatric Drugs**

[https:// www.mentalhealthforum.net/resources/](https://www.mentalhealthforum.net/resources/)

ComingOffPsychDrugsHarmReductGuide.pdf

This guide, published by The Icarus Project and The Freedom Center, recognizes that everyone is in a different space regarding psychiatric drugs. Their harm reduction approach educates people on the pros and cons of psychiatric drugs and then provides resources for people who decide to discontinue their drugs.

### **Inner Compass Initiative's Withdrawal Project**

<https://withdrawal.theinnercompass.org>

Laura Delano, a psychiatric survivor, founded the Inner Compass Initiative as a resource for people who want to be educated about all of the effects of psychiatric drugs so that they can make informed decisions about their treatment. The Withdrawal Project provides information on psychiatric drugs and many helpful resources for people who choose to discontinue their drugs.

### **Mad in America** <https://www.madinamerica.com>

This website, founded by award-winning science writer Robert Whitaker, features personal stories, current research, and continuing education around mental health issues. Resources for psychiatric drug information, withdrawal, providers, and alternative treatments are also provided.

### **Medicating Normal** <https://medicatingnormal.com>

The Medicating Normal Team produced a feature film documentary featuring people who struggled with the effects of overmedication and attempted to discontinue their psychiatric drugs. Psychiatrists, counselors, and pharmacists are also interviewed and provide more context for the

survivors' stories. Resources to help with the withdrawal process are available on the website.

**Surviving Antidepressants** <https://www.survivingantidepressants.org>

Adele Framer founded this organization after she struggled to wean herself off of antidepressants and found no real help, even after visiting fifty psychiatrists. She did her own research using medical journals and FDA recommendations and then founded Surviving Antidepressants, a peer