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Unless expressly stated otherwise, the authors, bloggers, and/or editors of the Website are laypeople who have direct personal experience taking, reducing, or tapering off psychiatric medication and/or supporting someone else who has taken, reduced, or tapered off psychiatric medication.

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How Do People Come off Multiple Psychiatric Drugs? | The ...

Coming off Psychiatric Drugs: Successful Withdrawal from Neuroleptics, Antidepressants, Lithium, Carbamazepine and Tranquilizers by Peter Lehman [2004] The world-wide first book about the issue "Successful coming down from psychiatric drugs"

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primarily addresses treated people who want to withdraw on their own decision.

Guide to Choices in Coming Off Psychiatric Medications ...

Coming Off Psychiatric Drugs: Successful Withdrawal from Neuroleptics, Antidepressants, Lithium, Carbamazepine and Tranquilizers, edited

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by Peter Lehmann This is a resource with lots of personal stories about coming off psychiatric drugs. Many people have recommend this book.

How to come off psychiatric drugs - Mental Health Forum

Not taking the medication is often simply not an option — at least until the

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symptoms are relieved (which often can take months, or even years).

Psychotherapy, too, can often help not only with ...

Withdrawal from Psychiatric Meds Can Be Painful, Lengthy

Dr. Gundu Reddy, a psychiatrist from New York, said that psychiatrists are

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“definitely trained to help people taper off psychiatric medications.” Whether a patient can stop successfully depends on...

Psychiatric Medications; Quitting With Online Group

Psychotherapy and behavioural therapy are most effective way. But weaning of

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psychiatric medications has to be decided on the basis of severity of symptoms. If patient is threat to himself or others, drugs provide immediate control.

What are the steps to get off psychiatric medication? - Quora

Early elimination of gluten and cross-

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reactants like dairy might have, without exaggeration, changed the course of Reilly's life. I often fantasize about an inpatient psychiatric ward where organic ancestral foods are served, meditation and relaxation response are taught, sleep is supported, and exercise encouraged.

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2010 Edition There Is Hope **Stop the Madness: Coming off Psych Meds- Kelly Brogan MD**

- Reconnect to your body, mind, and spirit.
- Choose creative, healthy and nutritional practices that offer lasting solutions for your well-being.
- Get off psychiatric medication with my support and guidance.
- Intuitively connect to your own healing path.

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How to Get Off Psychiatric Medication with Chaya Grossberg

Because of the huge void of information on risk-reducing psychiatric drug taper rates, they don't realize that coming off psychiatric drugs over a few weeks or months is actually far from slow—and that for this reason, it is incredibly risky

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and possibly even dangerous to one's physical health and mental, cognitive, and emotional well-being.

How Slow is “Slow” When It Comes to Tapering Off ...

Psychiatric drugs may be necessary for awhile, to get through a crisis, but they do have side effects. This book helps to

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minimize the effect of the drugs with supplements. Also helps to wean one off of the drugs if possible.

How to Get Off Psychiatric Drugs Safely - 2010 Edition ...

It is safest to come off slowly and gradually. You should do this by reducing your daily dose over a period of

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weeks or months. The longer you have been taking a drug for, the longer it is likely to take you to safely come off it. Avoid stopping suddenly, if possible.

Coming off antipsychotics | Mind, the mental health ...

Often patients are told they must remain on the drugs because terrible symptoms

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can develop when trying to get off. The author provides a workable way to taper off on a comfortable gradient. He also recommends simple but powerful nutritional solutions to help the withdrawal process. These solutions are helpful and inexpensive.

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Safely: Jim Harper, Peter ...

Discuss your decision with someone you trust. If you think you want to get a psychiatric evaluation, try talking to someone you trust. This may be a family member, friend, coworker, doctor, teacher, or religious leader. Having support from someone you trust can help you decide.

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4 Ways to Get a Psychiatric Evaluation - wikiHow

My memory is shot to shit. Really. I've voluntarily checked into psych hospitals within the last few years several times and left after a week. The last visit was in March, I wanted to get off of Xanax. They gave my Klonopan which didn't

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seem to help me at all. I've had Lamictal, 400 mgs per day.

How I got off of psychiatric medication | Tilting at Windmills

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The Road Back Solution

evaluated by the United States Food and Drug Administration and are not approved to diagnose, treat, cure or prevent disease. The information provided on this site or within the book, How to Get Off Psychoactive Drugs Safely 2018 Edition is ...

The Road Back Program, since 1999.

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Featuring How to Get ...

Taper off antidepressants, antipsychotics, benzodiazepines and ADHD Medication without withdrawal side. The new fourth edition book "How to Get Off Psychiatric Drugs Safely" by James Harper, researcher and founder of The Road Back Program, details a proven successful method for tapering

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off these medications with separate chapters covering each of several classes of drugs.

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