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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

<http://theicarusproject.net/downloads/ComingOffPsychDrugsHarmReductGuide1Edonline.pdf>

Download in Spanish

<http://theicarusproject.net/GuiaReducciondelDanoDiscontinuaciondeDrogasPsiquiatricas>

Download in German

<http://theicarusproject.net/alternativetreatments/harmreductionguidegermantranslation-harmreduction-leitfadenzumrisikoarmenabsetzenvonpsychopharmaka>

Download in Greek

<http://theicarusproject.net/alternative-treatments/harm-reduction-guide-greek-translation>

Download a printer version, with scrambled pages ready to fold

<http://theicarusproject.net/downloads/ComingOffPsychDrugsHarmReductGuide1EdZinePrint.pdf>

Download simple assembly instructions for the printer version

<http://theicarusproject.net/downloads/ComingOffHarmReducGuideAssemblyInstructions.pdf>

Read about the making of the guide

<http://theicarusproject.net/alternative-treatments/the-making-of-the-harm-reduction-guide-to-meds-withdrawal>

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/viewforum.php?f=64&sid=aff12b213b229419c4b5fe6d24430c4a>),
- Beyond Meds (<http://bipolarblast.wordpress.com>),
- ComingOff.com (<http://www.comingoff.com>),
- Madness Radio (<http://www.madnessradio.net>)
- Will Hall (<http://www.willhall.net>)

CONTACT ME

01-413-210-2803

will@willhall.net

Skype: wiltonhall

mail: 2465 NW Raleigh St. #201

Portland OR 97210 USA

office: 2049 NW Hoyt St.

Portland OR