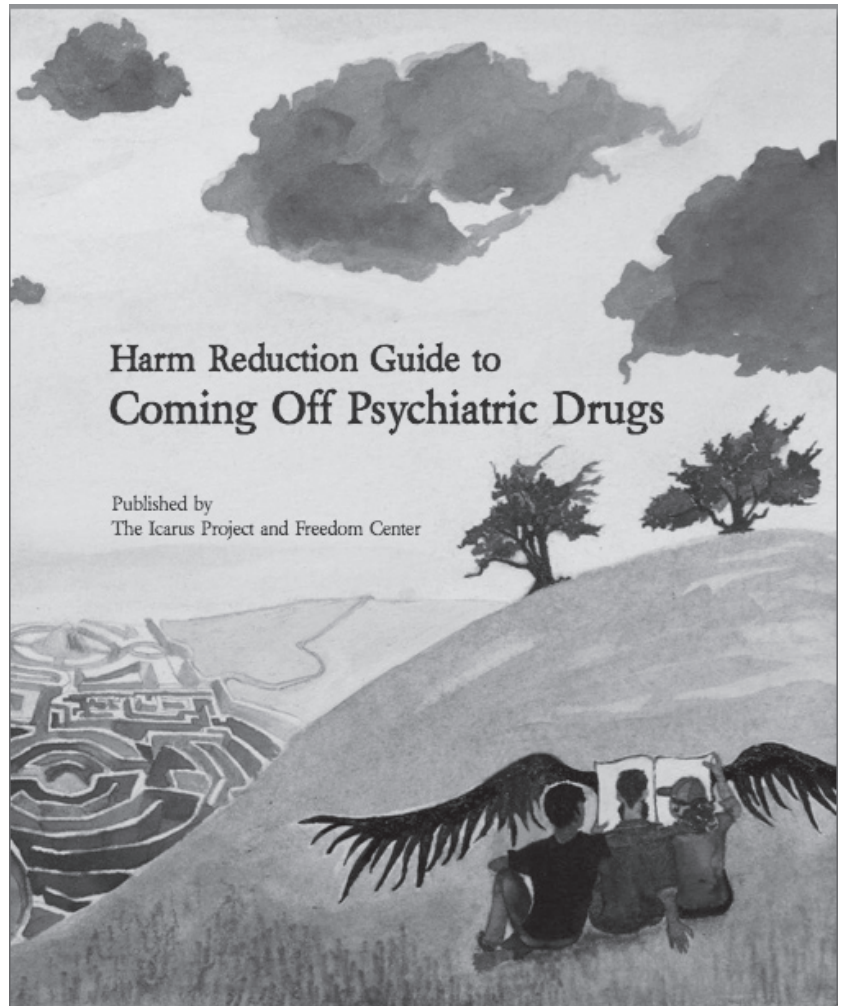


Harm Reduction Guide To Coming Off Psychiatric Drugs

Published by The Icarus Project and Freedom Center, two peer run mental health support communities, this 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 information on mood stabilizers, anti-psychotics, anti-depressants, anti-anxiety drugs, risks, benefits, wellness tools, withdrawal, support for people staying on their medications, a detailed Resource section, and much more.

Research guidance was provided by a 14-member health professional Advisory Board comprised of medical doctors, nurses, psychologists and acupuncturists. More than 20 other collaborators with direct experience with medications were involved in developing and editing. The guide has photographs and art throughout, and a beautiful original cover painting.



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