

Stopping antidepressants: what is the best way to come off them?

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Further resources:

[The Royal College of Psychiatry guidance on 'Stopping Antidepressants'](#) – this guidance is aimed at patients but may be helpful for doctors to and includes general principles for stopping antidepressants, as well as reduction schedules for some specific antidepressants

[The Royal College of Psychiatry's position statement on Antidepressants](#) – this updates the College's guidance on antidepressant withdrawal, highlighting that withdrawal symptoms can be “severe and long-lasting” and recommending that this information should be a component of informed consent

[Surviving Antidepressants](#) – this online forum has a wealth of information on how to safely stop antidepressants, including thousands of case studies of people who have gone through the process

[The Withdrawal Project](#) – this site includes information on how to stop antidepressants, bringing together the expertise of the ‘lay community’