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

Mark Horowitz for Evidently Cochrane 04 June 2021

References


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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’