

PE1651/YYY

Anonymous submission of 8 January 2018

This poison causes such harm to people. I was fully functioning working full time as an accountant several staff under me, driving socialising, dating, a fully normal life. All taken away from me, driving included. I've got my connection to the world back now, with photography, nature etc but still live in a bad state with severe akathisia waves (between times I am enjoying life though with a renewed sense of joy and wonder. Gratitude I think and major appreciation of what has been regained) and a few other issues from the benzodiazepines. Working on every aspect of life possible to get well but it's been hell frankly. I've lost over 5 stones in weight also (the medications bloated me up terribly badly).

I developed serotonin syndrome on Venlafaxine. I was polydrugged though for 22 years and lost all sense of myself. 30 different unnecessary meds none of which improved a thing.

One of the antipsychotic meds I was on has been banned now. Only put on it because I started to hallucinate on the first antidepressant. Agitation in 1998 and self-harm. Rage a year later. I never had any prior history of psychosis, agitation rage or mood swings, or self-harm prior to being medicated. My old self is coming back now, much more, but it's taken over 26 months off everything.

I've sadly been left with chronic drug induced akathisia, which is the hardest of all symptoms to manage. I'm hopeful it will resolve in time but it is exhausting, terrifying and still prevents a fully functional life. At no time was I fully informed of the potential side effects of the medications I was prescribed, or the dangers and risks of withdrawal from coming off them.