

PE1651/DDDD

Rima Raj submission of 14 January 2018

What symptoms did you experience?

I am on day seven of my second attempt at a reduction and missed the deadline again, because of the wall climbing feeling of wanting to get out of my body. I can't sleep as everytime I close my eyes the spinning vertigo feeling exacerbates my nausea...then every inch of my body feeling weighed down by something makes my breathing laboured....lack of oxygen making me feel panicky and shortens my breathing too the point I feel anxious and hyperventilate... this is not fun. To have all of this on top of my issues?

Were you warned about the withdrawal symptoms?

No one told me it would be like this...I was told I would be weaned off. No one told me that a drs advice (reducing my venlafaxine from 300mg to 225mg) would find me laying in the street (2016my first attempt at coming off venlafaxine) I had strangers call a paramedic who then threatened to slap me as she stated I was not having a panic attack, but I was having a tantrum!

Were you believed by drs when you told them about the side effects?

No, no, and definitely NO. Only one dr took on board what I said, unfortunately I have since moved and no longer have her support. A paramedic empathised completely as she herself went through the experience!

How has your life changed since taking psychiatric medication ?

Down hill, don't work, bored, and unable to do anything productive....I'm very debilitated by this antidepressant

This is such a good opportunity to share with people...professional people...the government.. About the horrors of taking psychiatric medication. So we dont want to miss this opportunity to share as many horror stories about psychiatric drugs as possible, as so many Drs don't believe us!