

**PE1651/FFFFFFF**

Diana Hanley submission of 17 March 2018

Further to my first submission which outlined my life and prescription drug history, I would like to respond to the recent media coverage claiming these tablets work, cause no harm, and more insidiously, (and also with the Scottish minister's remark) that these psychotropic medications should be more readily available.

There are far more problems with these prescribed psychotropic medications, such as antidepressants and benzodiazepines, than without them. There is nothing really wrong with the human condition, being sad, angry, traumatised by life events. It's our body's natural response to life's difficulties. But our bodies are equipped to recover, given time, patience, understanding, acceptance, practical help, as well as nudges from non pharmaceutical interventions such as exercise, relaxation techniques, acupuncture, meditation, mindfulness, talking therapies, being in nature, etc. There's an endless list of non pharmaceutical possibilities. My life was deformed by prolonged use of anti depressants and benzodiazepines. Not once did any medic suggest I might be better off without them. I was convinced by this 'therapy' I was an inherently bad person, and I would always need their poison to 'cure' me. The longer I stayed on them, even though it was a 'low dose' the more paradoxical the effects of them became. Well I'm not inherently bad, I'm just a normal human being, so please don't anyone at all rewrite my reality. I'm left with a very poor memory and cognitive impairment, balance issues, musculoskeletal problems, muscle wastage, and many other withdrawal symptoms. When I reflect on how much I suffered though out my life from the both side effects of taking the poison, and now with protracted withdrawal symptoms, I can only grieve for future generations who will likewise suffer if this pharmaceutical propaganda is allowed to continue.

It's a continuation of this horror story when trying to withdraw from these poisonous medications, and we are left to struggle on our own, with no acknowledgement or support from the NHS. Fortunately worldwide online forums have taken the place of what should be provided by the government. Without the Ashton Manuals we would flounder without even the basic tools guiding us to withdraw without seizures or worse.