

PE1651/IIIIII

Anonymous submission of 10 February 2018

I'm told you want stories about withdrawal from psychiatric medication. I took Sertraline, an SSRI from February 2016 to March 2016. On the drug I had various symptoms such as sexual dysfunction and emotional blunting, symptoms I have never had before. I was told by my GP that this was very common, but that if they distressed me I could stop taking the pills.

I decided to stop taking them, and about a week after I stopped the symptoms suddenly became more extreme, I had total sexual dysfunction and emotional blunting as well as other cognitive issues that were totally debilitating. I went back to my GP three months later and told him I was still suffering from these symptoms, he told me that he'd heard of this before but that it was considerably rarer than people having these issues on the drug. He gave me the option of taking another medication but I was naturally too afraid after my experience with SSRI. He suggested a psychotherapist, and I've been seeing one, but still 22 months later my problems persist.

I was put on the drug for anxiety, my brain was overactive and I was constantly on edge. My problems now bare no resemblance to my issues then, now my brain feels 'empty.' I'm 21 years old, sexual dysfunction is incredibly uncommon at my age too. It would be one hell of a coincidence if these symptoms weren't caused by the SSRI, considering they came about when I was on the SSRI, and thousands of other people have reported similar issues. Yet unfortunately there doesn't seem to be any real information concerning this issue available.