

PE1651/MMMMMMMM

Sophie Manson submission of 15 May 2018

When I was 19 I was put on antidepressants at University without any formal diagnoses or long-term prognosis or therapy plan. 25 years later I finally have a diagnosis that would suggest medication may well be inappropriate for me ('Mixed Personality Disorder' / Borderline Traits). This became very apparent when I became a mother in 2013 and was put on even more anti-depressants and still no regular therapy. I became gradually less volatile and frustrated but more and more distant from myself and feeling very little emotion towards my family. The situation became intolerable so I started a regime to come off the pills and for several months things were fine but then I began to spiral and unable to cope with some overwhelming feelings and was given no support with a necessary therapeutic agenda to deal with this in the long-term and resolve it. I believe if I had had more regular support from a mental health professional like a CPN and appropriate measures to relieve withdrawal symptoms from the anti-depressants things would not have degraded so badly resulting in no choice but to go back on them. Not surprisingly, I'm again, as I predicted, encountering the same problems which led to my trying to come off these pills in the first place! There appears to be a lack of recognition that after 20 years of being on anti-depressant medication that I might then possibly suffer considerable withdrawal from this medication. The NHS currently is divided over whether medication is appropriate to treat Borderline Personality Disorder.

I have gone so far as to do an MSc in Psychological Studies to try to get myself out of this predicament but it has just led to the realisation that I did not get the appropriate support when I was at University 20 years ago. Also the NHS seems to offer nothing but Cognitive Behavioural Therapy and Psychodynamic Psychotherapy. My research suggests that the former may be detrimental to those with Borderline Personality Disorder. In my case I became even more of a compulsive therapist than I was before. Psychotherapy has also been deemed inappropriate because I've already 'done all the work' I quote.

To be honest, I'm not sure what you can do to help me, personally, but I do hope this never happens to anyone again. I have found becoming a mother, considering my mental health history, more emotionally gruelling than I could have possibly imagined, to the point where I've been feeling overwhelming impulses to leave my lovely family in some way. I have a loving husband and lovely little girl but I feel trapped and desperate to change my situation and I don't believe I have had the necessary or appropriate support to deal with my particular case originating in medication before diagnosis.

I have very recently seen a new psychiatrist recently who is happy for me to attempt reducing my SSRIs once again, and if I begin to suffer withdrawal he assured me that I could contact him quickly. I'm holding him to his word. I'm going to need a plan B if this falls through.