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David Carmichael submission of 23 May 2018

In July 2003, at the age of 45, I experienced my first major depression. I started taking 40mg. of the antidepressant Paxil a day. By September, I was feeling mentally healthy again. After forgetting to take Paxil for a few days in February 2004, I weaned myself off the drug. I started to feel depressed again in July. My symptoms included insomnia, increased anxiety, rapid weight loss, low concentration and a lack of energy. I put myself back on 40mg. of Paxil a day.

A few days after I started taking Paxil again, I was having suicidal thoughts. I thought I could get rid of the thoughts and recover more quickly if I increased my dosage. On July 17, I started taking 60mg. of Paxil a day. Three days later, I planned my suicide. I went from planning my suicide to planning a murder-suicide to planning a murder. On July 31, 2004, I killed my 11-year-old son Ian. I was charged with first-degree murder.

In November 2004, I was diagnosed by one of the leading forensic psychiatrists in the world as being in a "major depression" with "psychotic episodes" when I killed Ian. In May 2005, his assessment was supported by another leading forensic psychiatrist, who was hired by the crown attorney. On September 30, 2005, I was judged to be "not criminally responsible on account of a mental disorder" for murdering Ian. I received an absolute discharge from the Ontario Review Board on December 4, 2009.

P.S. Here are a couple of other links where I've recently shared my story:

- April 10 2018- Dr. Oz Show, Fox television, United States (4 video segments)
-The Man Who Says Antidepressant Drugs Led Him to Murder His Son
- March 27 2018 - Mad in America blog post - *Calm, Organized, Homicidal Behaviour – My Connection to School Shooters*