

PE1651/XXXX

Anonymous submission of 29 January 2018

I ask that you take this account of serious harm and dependence from SSRI use seriously .

My experience with SSRI's has been a nightmare and one that is much more common than what's being portrayed . In fact my experience as well as those who have written in , has been that our experience is not from the drugs." It can't be"? Is what most doctors would say . Well I can assure you that as someone who has first hand experience using them , you can't mistake the harms for something else . It is too severe.

I was a healthy man who had some anxiety going back to college . Probably a very common scenario. After years on the drug . I began getting strange symptoms . Intolerance to heat , sexual dysfunction , among many other serious effects. Being an active young sportsman I wanted to get off the pills because frankly it was affecting my life negatively.

During a doctor prescribed taper I began experiencing serious symptoms . My head felt like it was being electrocuted , my stomach was in severe pain and I started experiencing dreams that were so intense and vivid that found me unable to sleep for fear of recurrence. My symptoms didn't stop at that , as they kept coming , I began to fully become in an agitated state that was so horrible and awful , an indescribable suffering that I now know is called akathisia. I had over 50 severe symptoms that were unexplainable to my doctors . I was told withdrawal symptoms are minor and short lived and when I checked the Web on the mainstream health websites , that was confirmed . However this was not the case.

My symptoms were and still are relentless, Ive been suffering beyond words for over 3 yrs . My symptoms were not short lived nor were they minor . It was insulting and insane for my doctors to even suggest this . However after educating myself it was easy to see why they believe this .These drugs are not tested for long term use . They are tested for very short term use . Pertant information is being withheld from them by the drug companies and people are suffering because of it.

I continue to fight to get my life back , I could write a novel on the amount of suffering I have endured thanks to SSRI use. It has effected every part of my life , I cant work , I am not able to be active and even worse I can't get help because the prescribers are in the dark about the true harms of the drugs they prescribe. It is a vicious cycle . I am left angry , frustrated and broken . It is easy to see why suicides and disability are on the rise after using SSRI drugs.

Please take these words seriously and investigate more into what a wide spread problem this is.