



How to Come off Psychiatric Drugs as Safely & Carefully as Possible:

A 2-Day Workshop on Risk-Minimizing Medication Tapering

July 11th & 12th, 10-4pm
@ West Springfield Library, 200 Park St

This 2-day workshop is for people who are currently taking psychiatric drugs that they have decided to partially reduce or fully withdraw from. Attendance on both days is required.

After deciding to come off psychiatric drugs, many people find themselves facing a lack of information, resources, and support to do so as safely and carefully as possible. They may have heard that it's important to taper "slowly", but how does one actually *do* a slow taper? What measures can be taken in advance of starting a taper that might improve chances of success? What actions can one take to ease resistance from prescribers or family members? While it's hard if not impossible to find answers to these questions within the medical and mental health systems, countless numbers of ordinary people in the "layperson" withdrawal community have figured out solutions for themselves. In this two-day workshop led by Laura Delano, participants will explore their feelings about the idea of coming off medications, learn about how to carefully prepare for and embark upon a risk-reducing taper based on layperson-derived practices and protocols, and build connections with others who've decided to come off their medications.

This workshop is free, but registration is required at:
www.surveymonkey.com/r/withdrawjuly18



Laura Delano is co-founder and Executive Director of the Inner Compass Initiative and the Withdrawal Project. Her passion for this topic is driven by her own 14 years of experience within the mental health system and her own withdrawal journey. She has presented on this and other topics across North America and Europe.