

Currently taking psychiatric drugs, or considering getting off of them, informative utube link.

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Here is an informative link regarding psychiatric drugs from University of Washington Professor Dr. Stephen Bezruchka called

Is America Driving You Crazy?

{youtube}v5oJPRuFDIk{/youtube}

Many people are struggling with challenges that have left them feeling they need to take psychiatric drugs. Before going any further, I want to say there is no reason to feel bad about deciding to take these prescription drugs. However, I highly encourage anyone currently taking them, or considering doing so, to address emotional and psychological issues directly by seeing an experienced counselor--either through individual or couple's counseling.

In addition, whether you are currently taking psychiatric drugs, considering them, or wanting to discontinue them, be sure you consult extensively with a physician. I recommend working with an experienced psychiatrist if possible--one who is familiar with the current information regarding psychiatric drugs. Oftentimes well-intentioned general practitioners do not have the time or information to prescribe, monitor and adjust these prescriptions. One should have frequent checkups regarding the effectiveness and especially the potential side effects of these drugs. Don't be afraid to educate and advocate for yourself. Read as much as you can, and seek the answers to as many questions and concerns as you may have when taking psychiatric drugs.