

Here are some online support groups to help people while trying to safely taper from antidepressants.

It seems that a lot of people that have struggles with the withdrawals have more knowledge on this subject than some Doctors and mental health workers. These support groups continue to grow on a daily basis and have been set up by volunteers that have also suffered, some are lucky to be alive.

So when the TGA and other mental health websites state that adverse effects are only a very small percentage, maybe they need to look at the people actually suffering.

This was just a quick search of support groups, 58000 people.

Paroxetine (Paxil, Aropax, Seroxat)

<https://www.facebook.com/groups/204732929546136/>

2870 Members

Life beyond ssri antidepressants - prozac effexor and many more

<https://www.facebook.com/groups/103788426372995/>

2916 Members

EFFEXOR (Venlafaxine) Side Effects, Withdrawal and Discontinuation Syndrome

<https://www.facebook.com/groups/effexorsupportgroup/>

5854 Members

Cymbalta Survivors Support Group

<https://www.facebook.com/groups/cymbaltasurvivors/>

2230 Members

Cymbalta Dangers International

<https://www.facebook.com/CymbaltaDangersInternational/>

2230 Members

Cymbalta Hurts Worse

<https://www.facebook.com/groups/Cymbaltahurtsworse/>

23000 Members

Australian Antidepressants Awareness

<https://www.facebook.com/AustralianAntidepressantClassAction/>

1575 Members

Surviving Antidepressants - Antidepressant Withdrawal

<https://www.facebook.com/survivingantidepressants/>

2495 Members

<http://survivingantidepressants.org/>

8000 Members

Letters from Generation RX

<https://www.facebook.com/LettersFromGenerationRx/>

7442 Members

INTERNATIONAL COALITION FOR DRUG AWARENESS

<https://www.facebook.com/groups/DRUGAWARENESS/>

1990 Members

<http://missd.co/>

<https://www.facebook.com/missd.co/>

579 members

Wendy Dolin set up this page after she lost her husband Stewart Dolin to akathisia.

Dolin Vs GSK