Peter C. Gøtzsche

**Mental health survival kit and**

**withdrawal from psychiatric drugs**

**Contents**

[Acknowledgements 5](#_Toc42272700)

[Abbreviations 5](#_Toc42272701)

[1 This book might save your life 6](#_Toc42272702)

[A patient’s psychiatric “career” 11](#_Toc42272703)

[2 Is psychiatry evidence-based? 17](#_Toc42272704)

[Are psychiatric diagnoses specific and reliable? 21](#_Toc42272705)

[Psychiatry’s Starter Kit: depression pills 24](#_Toc42272706)

[Do patients fall ill because of a chemical imbalance in the brain? 26](#_Toc42272707)

[Are psychoactive drugs specific and worthwhile? 32](#_Toc42272708)

[Flawed trials have led the psychiatrists astray 36](#_Toc42272709)

[Suicides, other deaths and other serious harms 45](#_Toc42272710)

[Neuroleptics 45](#_Toc42272711)

[Depression pills 57](#_Toc42272712)

[The pills that destroy your sex life are called happy pills 65](#_Toc42272713)

[Lithium 68](#_Toc42272714)

[Antiepileptic drugs 69](#_Toc42272715)

[Pills for the social construct called ADHD 70](#_Toc42272716)

[The final nails in the coffin of biological psychiatry 75](#_Toc42272717)

[False information on withdrawal from UK psychiatrists 85](#_Toc42272718)

[Use of depression pills for children dropped 41% 93](#_Toc42272719)

[Number needed to treat is highly misleading 94](#_Toc42272720)

[Electroshock 96](#_Toc42272721)

[3 Psychotherapy 98](#_Toc42272722)

[4 Withdrawing from psychiatric drugs 102](#_Toc42272723)

[MIND Denmark doesn’t want to help patients withdraw 108](#_Toc42272724)

[The psychiatric guild doesn’t want to help patients withdraw 112](#_Toc42272725)

[The Cochrane Collaboration doesn’t want to help patients withdraw 115](#_Toc42272726)

[Guide for drug withdrawal 123](#_Toc42272727)

[Support persons 126](#_Toc42272728)

[The research ethics committee killed our withdrawal project 129](#_Toc42272729)

[Tips about withdrawal 132](#_Toc42272730)

[List of withdrawal symptoms you may experience 140](#_Toc42272731)

[Dividing tablets and capsules 144](#_Toc42272732)

[Forced treatment, a horrible violation of human rights 146](#_Toc42272733)

[5 Survival kit for young psychiatrists in a sick system 150](#_Toc42272734)

[A debate at the annual meeting of Swedish young psychiatrists 155](#_Toc42272735)

[National Boards of Health are unresponsive to suicides in children 158](#_Toc42272736)

[Censorship in medical journals and the media 160](#_Toc42272737)

[No hope for psychiatry: suggestions for a new system 173](#_Toc42272738)

[Patient stories 176](#_Toc42272739)

[Videos of lectures and interviews 184](#_Toc42272740)

[About the author 185](#_Toc42272741)

[References 187](#_Toc42272742)

[Index 208](#_Toc42272743)