

## COMING OFF? JOURNEYS TOWARDS TAKING CONTROL OF 'ANTIPSYCHOTIC' MEDICATION



Whilst some find antipsychotic/neuroleptic medication helpful and make an informed choice to take it, there are others who - for a variety of reasons - choose to reduce and/or come off it completely.

We are producing a book that brings together some of the stories of people who have successfully taken control of their use of antipsychotic medication in this way. It will include stories from people from a range of backgrounds, diagnoses, cultures and experiences - providing an authentic and hopeful message that people can reduce or withdraw medication and live their lives.

By learning from those who have been there, we hope others can make an informed choice about their own use of medication (whether they choose to take it, reduce it or withdraw from it).

This book is being edited by Rai Waddingham, Rob Allison, Adam Jhugroo & Phil Thomas. Royalties from the book will go to a 'Thinking About Medication' peer support group bursary fund.

### ARE YOU INTERESTED IN SHARING YOUR STORY:

- Email us at [comingoff.book@gmail.com](mailto:comingoff.book@gmail.com) to find out more and let us know you're interested in sharing your story (no obligations!)
- We are looking for a **wide range of stories/experiences**, and will only be able to feature a limited number of these within the book.
- Those taking part in the book can either write their own story or opt to be interviewed in person/on the phone with one of the editors.
- Those not featured in the book will have the opportunity to contribute a story for the [comingoff.com](http://comingoff.com) website.

\* Summer 2014 will be our second wave of recruitment.

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