

PE1651/PP

Submission of 7 January 2018

I cannot include most of what happened to me whilst taking and coming off the prescribed antidepressant as it is too traumatic for me to revisit.

My life has been destroyed by taking a prescribed antidepressant. Serious side effects and adverse reaction was not picked up by doctors. My mental and physical health deteriorated over the three years I was on it and it all came to a head when I hit tolerance. My body and brain just could not tolerate the drug any longer and hell broke loose and I lost any kind of a normal life altogether.

I am a mother to two children and a wife to my wonderful husband who; if it wasn't for them I would not be here.

The symptoms and experiences I have had to endure as a result of taking a prescription antidepressant have been inhumane and most of it - I couldn't find words for. My children have lost their mother in so many ways. I can no longer function like I once did - physically and mentally. Most of my days are spent lying down on the sofa or in bed because of the pain, exhaustion, fatigue, head pain or depression is too much. I suffer cognitive problems which effect me in so many ways. I lost my emotions altogether - cannot feel love, happiness or any good emotion....no connection to life. I have become sensitive to chemicals, foods and have been advised to stay away from all prescription drugs as they would have a negative effect on me. I have had to endure psychosis, suicidal depression and suicidal urges. The most horrific mental torture one can imagine. I would never have thought those states were possible.

I can no longer exercise which is something I loved to do prior to this ordeal. I have lost friends and any kind of social life.

It has been devastating for me and my family. I cannot believe what my life has become. I believe if my doctor had been aware of the dangers, informed of adverse reactions and long term use dangers this would not have happened. There was no informed consent when he gave me that first prescription. I believe if I had been told - I would never have touched them. I had anxiety induced stress from being in a stressful job, a mother to two young children and having a husband who worked away from home. I was still a happy, healthy young women with a life ahead of me. Now I have no idea what my future holds. I am nearly four years off the antidepressant and still have no signs of recovery.

We need to be believed, validated and supported. We didn't ask for this. No one should ever have to go through what I and many others have. Please help this happen. Many other lives could be saved and many helped.

Thank you for taking your time to read this.