

PE1651/KKKKKK

Anonymous submission of 01 February 2018

I heard you were looking for testimonials regarding antidepressant withdrawal/side-effects. I'll share my story and try to keep it short.

Gender: Male

Age: 31

Country: Sweden

Drug: Effexor/Venlafaxine (no prior medication/drug use)

Time on drug: 2011-2014 (~2.5 years)

I was prescribed Effexor mainly due to stress at work. I was in a bad place before Effexor, no doubt about that. I was insecure, anxious and periodically depressed. But the state that I transitioned into after quitting Effexor just does not compare in any way to what was before the drug.

Just to name a few side-effects or challenges I'm faced with today:

- Difficulties concentrating
- Memory problems (short term & the feeling that memories don't belong to me and give no emotional response)
- Blank mind/no imagination
- Strange, intense discomfort inside my head
- Feeling of pressure inside head
- Vision problems (eyes don't focus properly and "visual snow")
- Virtually no libido
- Anhedonia
- Alcohol has no "positive" effect on me any more (I can't get buzzed or drunk in a pleasant way - this might seem trivial but I mention it because it seems distinct in some way)
- Aches

I don't know if this is withdrawal or pure side-effects or if there is even a difference, but I am certain that Effexor worsened my condition by orders of magnitude.