

## **PE1651/TTTTTTTT**

Terry Hall submission of 11 July 2018

I am a 50 year old male who had mild anxiety when I was younger. After witnessing a death I went to my doctor who told me I had a chemical imbalance and placed me on an antidepressant. Within three days I became suicidal and was hospitalised for six weeks even though I had never had suicidal thoughts before. Over the next few years I was given various medications to control this chemical imbalance that I apparently have. Fast forward twenty years of medication ... around four years ago the medication I was on reached tolerance and I spiraled in to hell. The physical and mental symptoms went into overload and I have been in that state ever since. The doctors in charge in that time have placed me on over 10 antidepressants and benzos many of which have been abruptly stopped with very little regard to some serious drug interactions. This effect has not only had a massive impact on my life but also on my family I have two wonderful children and a wife who have suffered alongside me. They have had to miss out on so much because of the damage that has been done to me.

This is my daily life:

I wake at 2 am after 2 hours of unbroken sleep I have an inner tremor, a restlessness that forces me to get up, my skin burns and I have hot intense flushes but shiver at the same time. My hands, feet and mouth burn and my head starts to pound immediately and this lasts all day. I am then hit with waves of anxiety which soon turns to deep depression. I go and sit downstairs and feel fatigued and nauseous which never goes away. My muscles ache and I have no motivation. The headaches, the burning skin are relentless. I cry very often and have become very isolated. Life means nothing to me now. I have pulsating tinnitus all day, chronic headaches, anhedonia, burning hot flushes, muscle aches, insomnia, severe depressive episodes, feeling faint, no appetite, nausea, crying and many more symptoms are with me now 24 hours a day. Life for me is hell on earth and I have endured this for the last 4 years every day. But why? I only had anxiety. I never had any of this before I was over medicated with one drug after another and more drugs added to combat other drugs and all because I believed it was a chemical imbalance, the chemical imbalance has been created by doctors who know so very little as to what damage these drugs do, they need to be made more aware of what long term use can do what stopping these drugs abruptly can do, my life has been ruined it saddens me to say this that I pray for death to release me from this utter daily torture no one should have to feel this sickness for so long, there is very little or no help for us. I have never smoked, I do not drink, I have never taken an illegal drug. I eat well and look after myself but I have been given a life sentence of torture and hell by someone I was supposed to have been able to trust. I hope that one day someone will sit up and listen and try and help people like us who have been sadly harmed as I know very little research is done , but the problem is only going to get worse with so many antidepressants and benzos being handed out. There are going to be so many more having to go through this.