

PE1651/XXXXX

Anonymous submission of 5 February 2018

I just wanted to state that I fully support this petition as I have been very badly damaged by both SSRI's and benzodiazepines.

I was left with Post SSRI sexual dysfunction after taking citalopram in 2007. I have numb genitals, non existent sex drive, and almost pleasure less orgasms. These symptoms started in November of 2007 when I first took citalopram and they have never gone away, even though I have been off the drug for almost a decade. Having PSSD has been the worst experience of my life. I have suffered terribly because of it, and it has often left me feeling suicidal. Everyday is mental torture for me, stuck in a body that cant experience sexual pleasure.

I was also withdrawn too quickly off benzodiazepines in 2010, and this resulted in a seizure, severe anxiety, balance problems, audio hallucinations, nightmares, muscle pains and cramps (at one point it felt like a tight band was being drawn around my head), palpitations, chest pain, complete loss of appetite and loss of weight, and a whole slew of other horrible symptoms. It took years for all of the symptoms to subside, but now thankfully most of these symptoms have gone.

I have so far lost 10 years of my life to SSRI's and benzodiazepines, and I suffered terribly during those 10 years because of these drugs. During most of this time I couldn't work, and I lost a lot of friends who couldn't understand how withdrawal could last so long, and they got frustrated when I often felt too unwell to meet up with them. I also lost out on countless different opportunities in life during the last 10 years. This whole experience has also damaged my life in lots of different ways which would be very time consuming to fully go into. Everyday it hurts when I think about those lost years. The response I have had from the doctors and the medical community has been really bad. None of the doctors seem to believe withdrawal can last this long, and none of them seem to believe that the sexual side effects of SSRI's can persist for years after you come off them. This has made dealing with this whole experience a lot worse and very isolating. I have never felt believed or listened to by a number of different doctors I have seen over the last 10 years.