

Workshop at the Conference “Alternatives 2011”, organized by the National Mental Health Consumers’ Self-Help Clearinghouse, Caribe Royale Orlando in Orlando, Florida, USA, October 29, 2011

**COMING OFF ATYPICAL NEUROLEPTICS
(LIKE CLOZARIL, RISPERDAL, SEROQUEL, ZYPREXA):
CHALLENGES AND EXPERIENCES**

BOCA VII » Presenter: Peter Lehmann

For many people, coming off psychiatric drugs is a precondition for recovery – recovery from unwanted drug effects and for a life in wellness. It is well-known that coming off psychiatric drugs can result in a lot of physical and emotional problems. Reports of users and survivors of psychiatry show a huge variety of different approaches and coping strategies to minimize severe withdrawal problems and relapses. Gathering, distributing and exchanging detailed accounts of how we came off these substances without once again ending up in the doctor’s office are of fundamental interest for us all. After the workshop, participants will be fully aware of withdrawal risks – especially in regard to “atypical neuroleptics” – and of ways to minimize them. They will also be aware of alternative strategies to cope with emotional problems during withdrawal and the time directly afterwards.

2011 Coming Home ALTERNATIVES

*Creating Our Own Communities
of Wellness and Recovery*

CONFERENCE PROGRAM

THE NATIONAL MENTAL HEALTH CONSUMERS' SELF-HELP CLEARINGHOUSE WELCOMES YOU
TO **ALTERNATIVES 2011** — THE OLDEST NATIONAL MENTAL HEALTH CONFERENCE
ORGANIZED BY AND FOR MENTAL HEALTH CONSUMERS/SURVIVORS.

CARIBE ROYALE ORLANDO

OCT. 26 - OCT. 30, 2011

ORLANDO, FLORIDA

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.org

Substance Abuse and Mental Health Services Administration
 **SAMHSA**
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)