

Nieuwsbrief Antidepressants Risks januari 2025

## January Newsletter 2025

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## January Newsletter 2025

Dear Supporter

Welcome to our January newsletter. We have had an influx of new subscribers and I'd like to offer you a very warm welcome. Here's a round up of news and information that we hope you will find useful.

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## Antidepressant Risks January Press Coverage

This month I wrote an article for the Daily Mail Good Health section about Laura Turner who took an antidepressant for nerve pain and ended up suffering an adverse reaction and jumping off a building to end her life. She was lucky to survive and also to discover that it was the pills that caused her suicidal impulses. She came off all the pills she'd subsequently been prescribed and has now recovered. Her story is important because it busts the myth that people who become suicidal after taking antidepressants were depressed anyway. Laura's story clearly illustrates that antidepressants can cause people with no history of mental illness to become suicidal as a direct result of antidepressants.

You can read her story [here without the paywall](#)

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## Featured Blog

Many of you will have followed the news coverage of Thomas Kingston, husband of Lady Gabriella Windsor who took his life after taking sertraline and citalopram. The coroner ruled that it was an adverse reaction to the antidepressants that caused his death. He has issued a prevention of future deaths notice to the MHRA to require them to take action and warn patients of the risks.

Professor David Healy has written an interesting blog on this subject, calling for a SSRI helpline for people who have gone on, changed dose or come off antidepressants.

[Kingston's Rule - Dr. David Healy](#)

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## Stolen Lives



I'd like to thank Tania and Ian Morgan for sharing the story of their son, Sam in our Stolen Lives section. Sam took his life 7 days after taking citalopram for anxiety. He had no history of depression. Ian and Tania have campaigned tirelessly to get the MHRA to change their guidelines to warn people of the dangers of antidepressants.

You can read about Sam's story [here](#).

I interviewed Tania and Ian Morgan a year ago for the Daily Mail and you can read the story without the paywall [here](#)

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## News from Westminster

The Beyond Pills APPG reformed in November with a new chair, GP and Labour MP Dr Simon Opher.

[Esther McVey](#) (MP for Tatton) has been championing the case of one of her constituents, Olivia Russell, who sadly took her own life in 2021 after

withdrawing from citalopram. Esther organised a [debate in Westminster Hall](#) last November to raise awareness of the need for better patient guidance about withdrawal and the risks associated with antidepressants.

Calls for reform of the drug regulator MHRA: Esther is also chair of the Pandemic Response and Recovery APPG which wrote a [letter to Steve Brine](#) in Feb, then chair of the Health Select Committee calling for reform of the MHRA. She organised a HoC debate on this which took place last Thursday (16th) - this [link](#) takes you to the transcript. In addition to vaccines, antidepressants were mentioned not only by her, but also by several other speakers including current Beyond Pills chair, Dr Simon Opher.

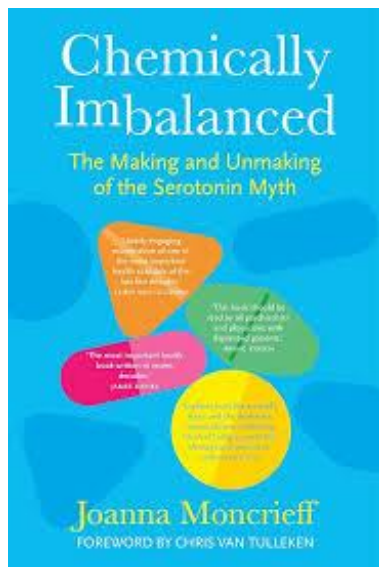
On Monday 20th January there will be debate in the HoL on a [proposed amendment](#) to the Mental Health Bill to provide withdrawal support services for those sectioned under the bill. Whilst it's very unlikely to be accepted it again raises the urgent need for such services.

### **Educating psychological therapists**

Our team member Dr Anne Guy is also involved in encouraging psychological therapists to educate themselves on how antidepressants impact the work they do with clients who might be either taking or trying to stop taking them. She gave a talk in November for members of A Disorder for Everyone entitled "What every psychological therapist should know about working with antidepressants", and also took part in a roundtable meeting organised by the Psychotropic Deprescribing Council to consider what therapists need to help work with this issue both in the UK and the US.



# Featured Book - Chemically Imbalanced by Professor Joanna Moncrieff



I'm delighted to add to our virtual library Chemically Imbalanced, a new book out this month by Professor Joanna Moncrieff who is also one of our supporters. The book has attracted much press coverage including being featured in The Sunday Times and to access the article without the paywall click [here](#)

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## Stolen Lives Recovery Support Group

We are continuing our Stolen Lives Recovery Support Group over the holidays.

The group meets every Monday at 5pm UK time on Zoom. We welcome attendees from around the world, at any stage of their prescription drug harm recovery journey. Sessions are limited to eight places, and we ask for a minimum donation of £10 per session.

To reserve your place, please email: [katinka@antidepressantrisks.org](mailto:katinka@antidepressantrisks.org).

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# Life Coaching

In my capacity as a life coach, I'm taking on a small number of prescription drug harmed clients on a donation to Antidepressantrisks.org basis. Although I don't offer medical advice, I can offer withdrawal informed support for anyone coming off drugs, navigating life post psychiatry, and families of those affected.

Please email me at [katinka@kbnlifecoaching.co.uk](mailto:katinka@kbnlifecoaching.co.uk), or book via my website: [www.kbnlifecoaching.co.uk](http://www.kbnlifecoaching.co.uk).



We have been incredibly grateful for your support this year, and couldn't be campaigning for a safer world without you. If you are able, we sincerely hope that your year-end charitable giving includes Antidepressant Risks. Donations can be made through our website [antidepressantrisks.org/donations](http://antidepressantrisks.org/donations).

With all best wishes,

*Katinka Blackford Newman*

Founder Antidepressant Risks

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