



Learn more at <https://ti.ubc.ca/letter157>

Stopping Antidepressants

WILL I ALWAYS NEED THEM?



Maybe not. Many people start antidepressants during stressful times or for milder conditions. Over time, some may find they've learned other ways to cope, or they no longer feel the medication helps.

At least half of the people who stop taking antidepressants will notice some withdrawal symptoms, especially if they've been taking larger amounts of the drug or taking it for a longer time.



WITHDRAWAL IS COMMON

TAPER SLOWLY



To reduce the likelihood or severity of withdrawal symptoms, avoid sudden stopping and consider very gradual tapering over months, or even longer if the withdrawal is severe.

It's important for your prescriber to monitor you every 2 to 4 weeks after each dose reduction, with the option to pause or reverse a dose taper at your comfort level.



CHECK WITH YOUR DOCTOR