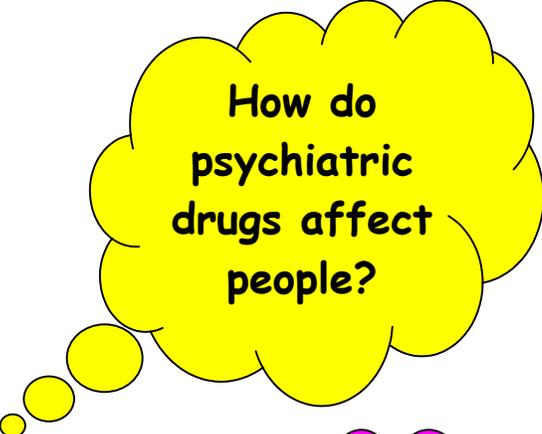
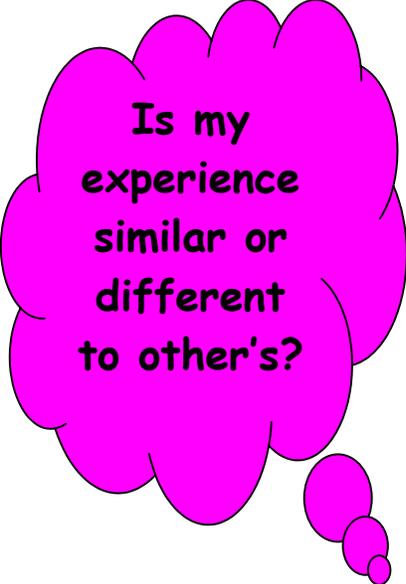


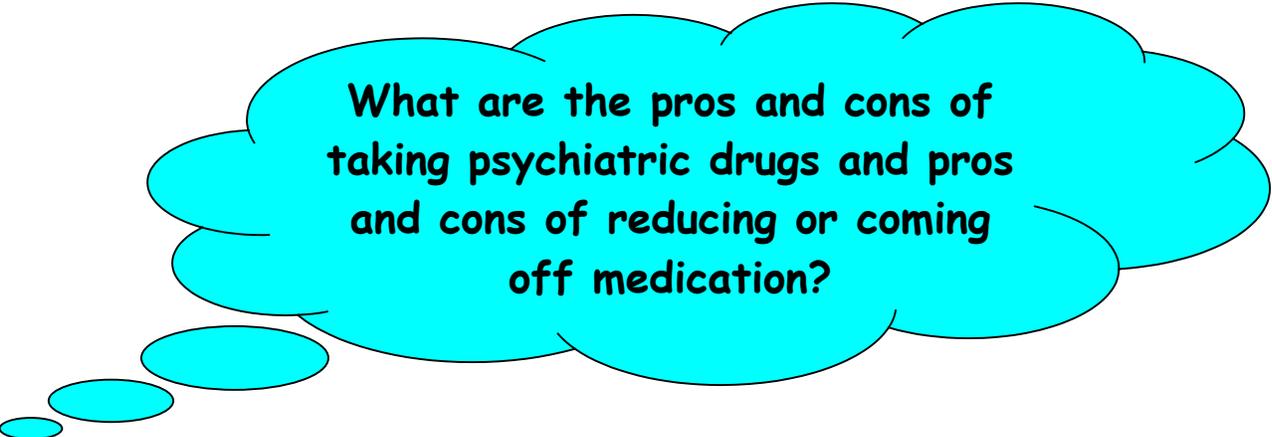
thinking about medication



How do
psychiatric
drugs affect
people?



Is my
experience
similar or
different
to other's?



What are the pros and cons of
taking psychiatric drugs and pros
and cons of reducing or coming
off medication?

**Informal, friendly, weekly meetings
open to anyone with an interest in medication**

Venue: Room G11, The Gateway, Chester St, Shrewsbury

Dates: Thursdays 2-4p.m. From January 12th to April 6th 2006

Facilitators: Guy Holmes and Marese Hudson
with invited experts

**See next page for further info
and how to join**

thinking about medication

Surveys have shown that people frequently want more information about psychiatric drugs and more opportunities to think and talk about wide-ranging issues relating to medication. Despite assurances from the pharmaceutical industry that many drugs do not have withdrawal problems, a lot of people have experienced difficulties when trying to come off their medication.

The *thinking about medication group* is being set up to:

- **Help people access information about drugs they may be taking and may be considering taking**
- **Provide a place for people to talk about their experiences and exchange views, and get support in a safe and friendly environment where people respect each others' opinions**
- **Provide people with access to expertise from various sources e.g. people who have successfully come off psychiatric drugs, consultant psychiatry, community mental health nursing, substance misuse workers, people who offer alternative therapies**
- **Help people weigh up the pros and cons of taking medication and pros and cons of reducing or coming off medication**
- **Help people think about and access alternative ways of getting benefits they receive from medication**
- **Provide advice and support for people who decide to reduce or come off their drugs, including advice and support regarding withdrawal reactions**

The group is a follow-on from the highly respected *Thinking about Medication Course* that ran during 2003 at Sutton Hill MIND. This group will run initially for 12 weeks on a weekly basis with an opportunity to review things near the end of this period including the option of extending the end date. The group is **free** to attend.

The group will be facilitated by Guy Holmes and Marese Hudson. Guy is a local clinical psychologist who has a special interest in medication and lectures at Birmingham and Coventry Universities on psychiatric drugs; he has helped numerous people to reduce and come off their medication. Marese is a co-founder of Shelton's Patients' Council and volunteer at MIND; she has taken and successfully come off psychiatric drugs in the past.

The format of the group will involve weekly opportunities for members to share their thoughts and experiences and once a fortnight to get advice from invited experts in the field. The group is aimed primarily at people who are taking psychiatric medication or considering taking medication, but is also open to anyone interested in medication and mental health.

Venue: The Gateway, Chester Street, Shrewsbury

Dates and times: Thursdays 2.00p.m.-4.00p.m. 12th January – 6th April 2006

If you would like further information or to join the group please contact Guy Holmes, preferably by email at guy.holmes@nhs.net or alternatively by letter or phone at Winston Churchill Building, Radbrook Complex, Radbrook Road, Shrewsbury tel 01743 254050.