

Thinking about Medication

What are the pros and cons of taking
psychiatric medication?

How do psychiatric drugs affect people?

What support is available to people wanting to
come off psychiatric medication?

Would you like the opportunity to share the
experience of taking and/or trying to come off
psychiatric medication?

P.T.O. for details and how to join the group..

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Who is the group for? The group is for anyone who is currently taking psychiatric medication and is interested in exploring questions such as these and others. The group is limited to 8 people and places will be allocated on a first come, first serve basis.

Cost: There is no charge for attending the group.

The group will be facilitated by Zounish Rafique, a clinical psychologist who works locally and Nicki Evans. Nicki has experience of both taking and coming off medication and has published in the area of psychiatric drugs. Zounish has an interest in supporting people to think about their treatment choices and make informed decisions. She is able to speak Urdu and Punjabi. We are keen to have as diverse a group as possible.

We will be joined by guest speakers who have various expertise in the field, including people who have successfully come off psychiatric drugs, psychiatrists, community mental health nursing and substance misuse workers.

Where: Meeting Point House, Telford Town Centre.

When: The group will run on Friday afternoons for ten weeks, starting on Friday, 16th July 2010 to Friday, 17th September 2010, 1:30pm—3:30pm

For further information or to join: Contact Nicki via email on nicki24uk@yahoo.co.uk, or call Zounish on 01952 381640 or email on zounish.rafique@sssft.nhs.uk