Withdrawing from Psychiatric Pills Resources and Supports

Inner Compass Initiative and The Withdrawal Project

<https://www.theinnercompass.org>

Recovering from Psychiatry – Laura Delano

<http://recoveringfrompsychiatry.com/psychiatric-drug-withdrawal-resources/>

Harm Reduction Guide to Coming Off Psych Drugs by Will Hall

<http://www.willhall.net/files/ComingOffPsychDrugsHarmReductGuide2Edonline.pdf>

Beyond Meds

<https://beyondmeds.com/>

Coming Off Psych Drugs – Chaya Grossberg

<http://chayagrossberg.com/resources/>

The Ashton Manual

<https://www.scribd.com/doc/164400341/The-Complete-Ashton-Manual-Works-PDF>