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BLOG

Coming Off an Antidepressant? What to Know First

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What Discontinuation Feels Like

- Dizziness and flu-like aches
- Vivid dreams or poor sleep
- Electric brain zaps

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Timing Matters

- Well for six to twelve months
- Life relatively stable
- Not during a move or a loss

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Withdrawal or Relapse?

- Discontinuation: within days
- Relapse: weeks to months later
- Each needs a different response

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Read the full article

Stopping an Antidepressant Safely: Avoiding Discontinuation Syndrome and Brain Zaps

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General information, not medical advice. Your provider can tell you what is right for you. If you are in crisis, call or text 988.