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Subject: July Newsletter 2025
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To: Michael michael@michaelzfreeman.org

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July Newsletter 2025

Dear Michael

The highlight of this month has been our annual event – the *Stolen Lives Picnic*, held in commemoration of Prescribed Harm Day. We can hardly believe it's already been a year since we held the first one. What began as a small gathering of shared stories and solidarity has grown into a powerful day of remembrance, connection, and advocacy.

As always, this newsletter brings you the latest updates around Antidepressant Risks, research, and lived experience – helping to raise awareness and push for change.



Our updated virtual film library is live

We have just launched our new film library with nearly 1000 films/talks about antidepressants and it's still growing.

Films



EXPERT TALKS



NEWS PROGRAMMES



PERSONAL STORIES



LEGAL TESTIMONY



TV DOCUMENTARIES



FILM DOCUMENTARIES

Antidepressant Risks now hosts the **largest curated public collection of films focused on antidepressants** – a unique and powerful resource bringing together media from around the world.

Inside the library, you'll find content organised into categories including **expert talks, news programmes, personal stories, legal testimony, TV documentaries, and feature-length films**. Each listing includes a short description and details before linking you directly to where you can watch – think of it as a *Netflix for antidepressant harm media*.

We'll be regularly updating the library, adding new material and checking all links to ensure the collection remains fresh, relevant, and accessible.

Dive in and explore the stories, science, and experiences that continue to shape this critical conversation: [**Film Library**](#)

We want to extend a huge thank you to our volunteer Will and our website designer Sarah who have worked tirelessly to make this possible.



Stolen Lives Picnic

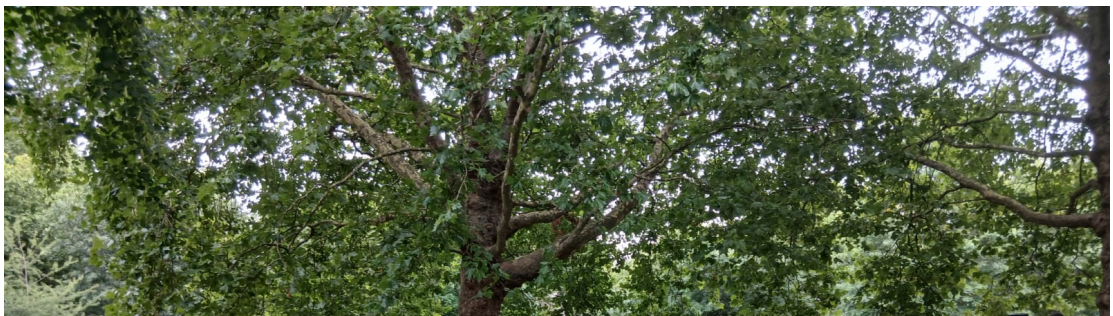
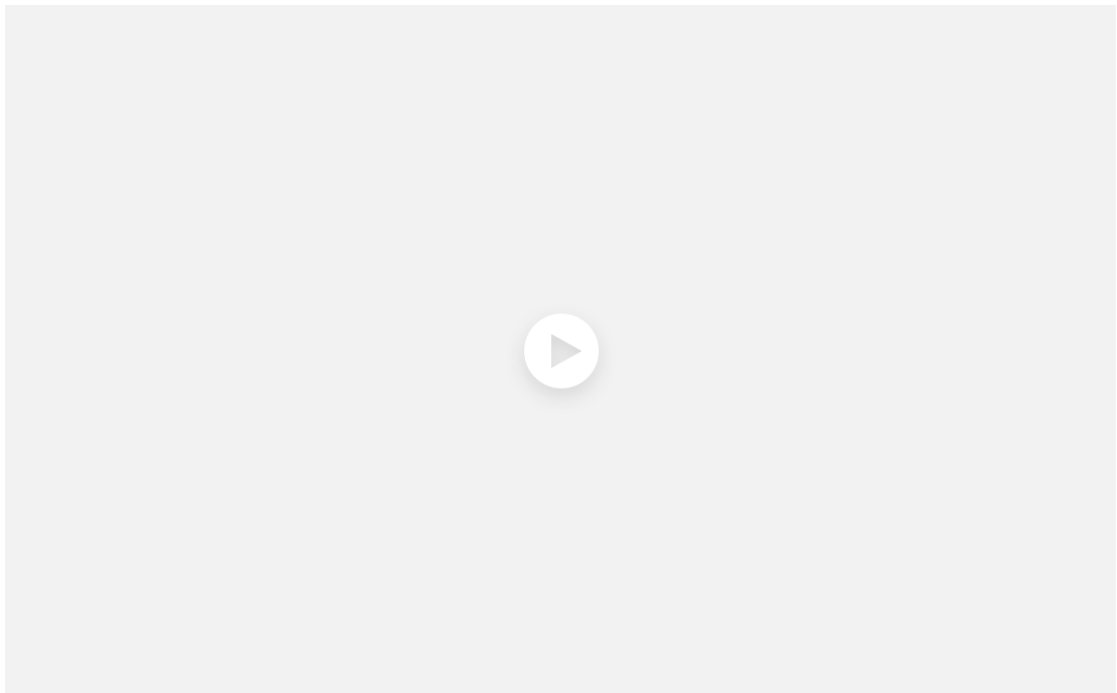
29th July 2025

We want to say a heartfelt thank you to everyone who joined us on Tuesday 29th July for our *Stolen Lives Picnic*. It was a truly beautiful day, and the opportunity to come together in person made it all the more special. Some of you had flown in from all around the world to join us.

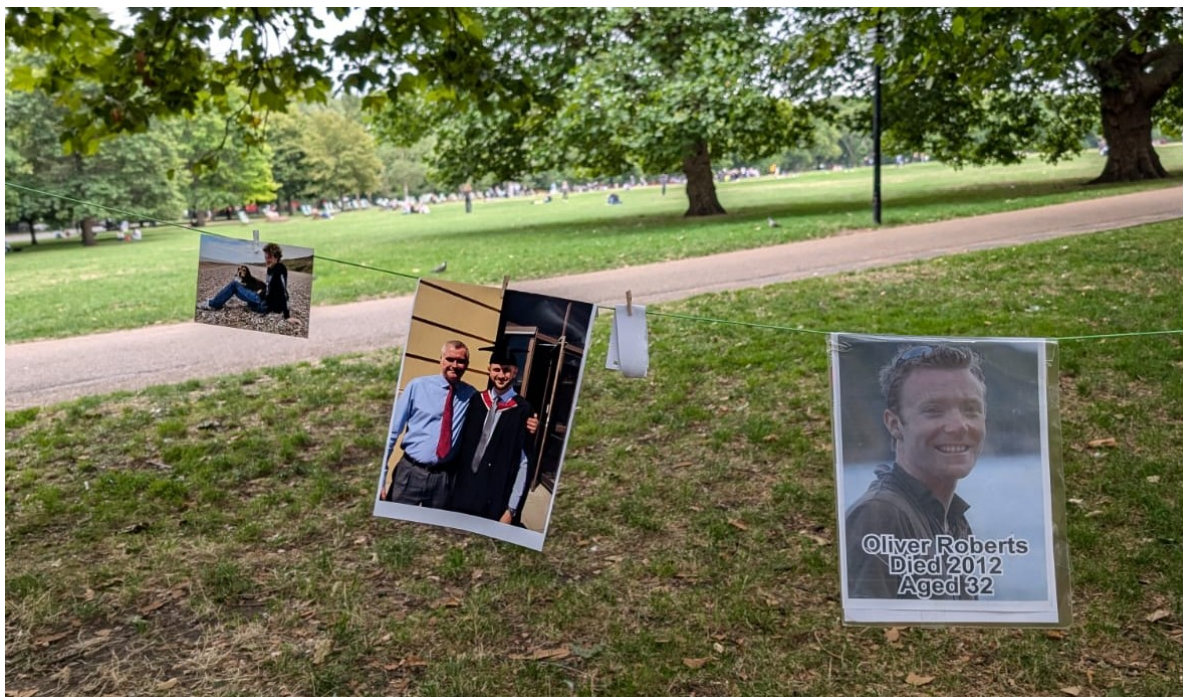
A huge thank you to **Dr Mark Horowitz**, **Professor Joanna Moncrieff**, and **Debi Roberts** for their powerful talks, unwavering support, and thoughtful guidance. We're also deeply grateful to psychiatric survivor and talented performer **Emma Saunders** for sharing her music – a moving and memorable way to close the talks. You can listen to Emma's music [here](#).

Throughout the day, a clear message echoed: *with hope and collective strength, we can create real change*.

Didn't make the picnic? Watch the talks here:







The Med Free Mental Fitness Podcast

This month I've released Episode 6 of my podcast series the last of the current series before I launch series 2 in the Autumn



Episode 6: Pills, Profits & the Untold Story: A conversation with Robert Whitaker

This episode dives into the overlooked issue of the long-term effects of psychiatric medications and explores why mental illness and disability rates are rising despite extensive treatment and expenditure. Katinka is joined by Robert Whitaker, an award-winning journalist and founder of MAD in America. Together, they discuss the harmful outcomes of psychiatric medications, the misleading narrative promoted by mainstream psychiatry, and the importance of building more supportive environments for mental health.



[Click here for Youtube](#)



[Click here for Spotify](#)



[Click here for Apple Music](#)

Stolen Lives Recovery Support Group - Guest Speaker - Stevie Lewis

Monday 4 August 17:00-18.00 BST

Our monthly Zoom meet-up brings together people healing from psychiatric drug harm. Each month we welcome a guest speaker who shares their recovery story from psychiatric drugs, followed by a Q&A and discussion.

In August we welcome Stevie



In August, we welcome **Stevie Lewis**, a UK-based campaigner who, after personally experiencing the challenges of SSRI antidepressant withdrawal, has spent the past eight years raising awareness about the risks of antidepressant dependence. She advocates for better recognition and support for those in withdrawal and works to influence public understanding, healthcare systems, and policy.

Cost: £10 donation to Antidepressant Risks. Includes a live Q&A and group discussion
[Click here to book your place](#)

We're Looking for Guest Speakers to share their recovery story at our monthly Stolen Lives Recovery Online Group

We're looking for guest speakers to share their story of recovery for our online *Stolen Lives Recovery Group*—a supportive, compassionate space held on the **first Monday of each month at 5pm (UK time)**. Each month, we invite someone to speak for around **20 minutes**, sharing their personal journey of recovery, followed by a warm and informal **Q&A**.

Your story could offer others hope, connection, and encouragement on their own path to healing. Please get in touch with Katinka@antidepressantrisks.org



Weekly Support Group

Tuesdays, 17:00 BST/ 9:00 PST

Join our weekly support group –

antidepressant withdrawal recovery group

hosted by Meleah Gibson

This supportive weekly space is for anyone walking through or waking up from the impact of psychiatric medications — their withdrawal and the healing that follows.

This group offers a safe, gentle space to listen, share, and support one another from lived experience — not medical advice. Whether you're tapering, questioning meds, or further along in recovery, your presence matters.

[Join the group for updates and weekly Zoom links.](#)



Stolen Lives

Thanks to Carrie for sharing her story of Antidepressant Harm

Carrie Clark was prescribed antidepressants at 15 following a series of traumatic events, and a rapid 'bipolar diagnosis'. Over 20 years, she was given 11 psychiatric drugs and multiple diagnoses, with little benefit and lasting side effects like a tremor. In 2023, she came off Sertraline and Quetiapine to try for pregnancy, but developed severe, delayed withdrawal symptoms—including akathisia, insomnia, and paranoia—that lasted nine months and she was misdiagnosed multiple times.



Desperate, she reinstated Sertraline and saw major improvement, confirming the issue was withdrawal. Now aware of the broader issue of prescribed harm, she's planning a gradual, informed hyperbolic taper with support.

Read Carrie's full story [here](#).

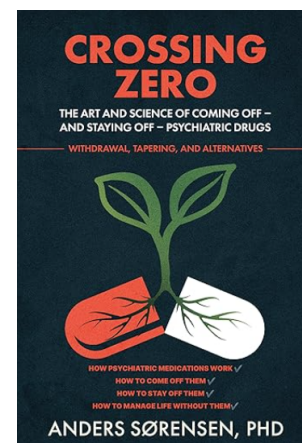
If you would like to submit your own story to our page, please do so [here](#).



Featured Book of the Month - visit our Virtual Library to discover more books like this

Crossing Zero: The Art and Science of Coming Off - and Staying off - Psychiatric Drugs by Anders Sorensen

Many people discover that after prolonged use of psychiatric drugs, when they try to stop, their bodies simply won't allow them. Withdrawal symptoms can be intense and confusing, often mistaken for a relapse or taken as proof that they still need the medication. What's a relapse? What's withdrawal? What's you – and what's the drug? And maybe most importantly, how do you manage life without meds?



Many of you are likely to know the work of author [Anders Sørensen](#) and I'm going to be interviewing him on the next series of The Med Free Mental Fitness Podcast.

Fundraiser

On 28 September I'm going to be taking part in a 10k race in London - would you like to join me and raise money for Antidepressant Risks? Then we can go out for lunch afterwards.

There are still spots left - here are the details:

The Vitality London 10,000 celebrates both mental and physical wellbeing. It's the only 10K in the capital to finish outside Buckingham Palace.

Date: Sun 28th September 2025

Length: 10K

[Register here](#)

Sponsor me

If you would like to sponsor me, click the link below. All proceeds go to Antidepressant Risks.

Sponsor Me



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With heartfelt thanks,

Katinka Blackford Newman

Founder, Antidepressant Risks

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