



### 3. Will Hall

#### Abstract no 303

One time half-day

##### 1. **Psychiatric Medication Withdrawal: A Harm Reduction Perspective**

Psychiatric medication such as antipsychotics, antidepressants, lithium, and other have become standard of care treatments, but little support or information is available on medication withdrawal. Author of the Harm Reduction Guide to Coming Off Psychiatric Drugs (in 14 languages), Will Hall works from a perspective that is not pro-medication or anti-medication, but pro informed choice. This workshop will address:

- Going off and reducing medications and developing medication alternatives
- Utilizing a Harm Reduction perspective to coming off psychiatric drugs.
- Recovery and Person-centered education frameworks for understanding medications as well as their risks and benefits.
- Building skills around medication empowerment and optimization in peer support and clinical settings.
- Supporting individuals to reduce and come off of their medications responsibly and safely.

Video of Will Hall and suicidal feelings

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**