

Some of the books and articles available to borrow each week during the Thinking about Medication Group:

- Breggin, P. & Cohen, D. (1999) *Your drug maybe your problem; how and why to stop taking psychiatric medications*. Massachusetts: Perseus.
- British Medical Association. (2006) *British National Formulary*. London: BMA.
- Campbell, P., Cobb, A. & Darton, K. (1998) *Psychiatric drugs: users' experiences and current policy and practice*. London: MIND.
- Fisher, S and Greenberg, R. P. (1997) *From Placebo to Panacea: Putting Psychiatric Drugs to the Test*. Chichester: Wiley.
- Healy, D. (2005) *Psychiatric Drugs Explained*. Guildford: Mosby.
- Healy D. (2005) *Halting SSRIs*. see www.mind.org.uk
- Holmes, G. and Newnes, C. (1996) Medication: The holy water of psychiatry. *Open Mind*, 82, 14-15.
- Holmes, G. & Hudson, M. (2003) Coming off medication. *OpenMind*, 123, 14-15.
- Holmes, G. & Wallcraft, J. *Food, Mood and Psychiatric Treatments*. www.shropsych.org
- Lehmann, P. (ed.) (2005) *Coming Off Psychiatric Drugs*. Berlin: Peter Lehmann Publishing.
- Lynch, T. (2004) *Beyond Prozac: Healing Mental Distress*. Ross: PCCS.
- MIND (2005) *Making Sense of Coming Off Psychiatric Drugs*. London: MIND.
(Other informations leaflets from MIND include: *Making sense of treatments and drugs: Major tranquillizers; Minor tranquillizers; Lithium; etc*).
- Moncrieff, J. & Double, D. (2003) Double blind random bluff: we're too busy swallowing prozac to ask if it actually works. *Mental Health Today*, November, 24-25.
- Neild, L. (1990) *Escape from Tranquillizers and Sleeping Pills: A Proven DIY Withdrawal Plan*. London: Ebury.
- Newnes, C., Holmes, G. & Dunn, C. (eds.) (1999) *This is Madness: A Critical Look at Psychiatry and the Future of Mental Health Services*. Ross: PCCS.
- Newnes, C., Holmes, G. & Dunn, C. (eds.) (2001) *This is Madness Too: Critical Perspectives on Mental Health Services*. Ross: PCCS.
- Read, J. (2005) *Coping with Coming Off: MIND's Research into the experiences of people trying to come off psychiatric drugs*. London: MIND Publications.
- United Kingdom Psychiatric Pharmacy Group information leaflets on individual drugs
www.ukppg.org.uk