

## Powerful Information & Recovery Stories: Issues Changing Meds



I'm Nathan Leary. While struggling with schizophrenia, I couldn't find a guide like this from someone with lived experience, so I decided to write one. I'm not a doctor—my credential is my story of survival and perseverance. This document was created to share my strength and empower you on your own path. Please help others by sharing it. **Please, make a difference in someone else's lives by sharing this with others who may also benefit.**

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*This collection of health resources is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. It is only intended to support your health journey. [Full Disclaimer at stopthevoices.com/disclaimer/](https://stopthevoices.com/disclaimer/)*

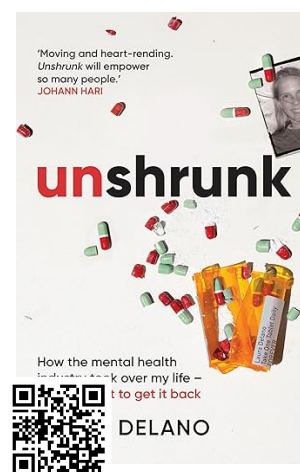
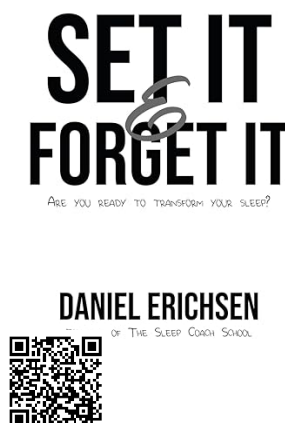
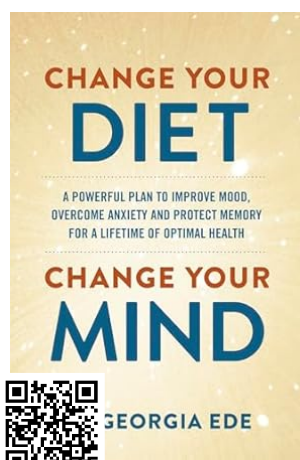
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### People's Journeys Lowering Meds & Therapist's Experiences (YouTube Links)





## Books & Links that Could Help... (Website Links)



[www.madinamerica.com](http://www.madinamerica.com)

practitioners, peer organizations, mutual support groups, and residential and outpatient programs that will support people who want to taper from their psychiatric medications.



[opendialoguecentre.org.au](http://opendialoguecentre.org.au)

A Clinically proven and revolutionary Psychiatric system that places relationships as foundational to prevention and recovery pathways through social network meetings



[www.youtube.com](http://www.youtube.com)

Self administered EMDR therapy tool on YouTube