

1 in 6

American children are on psychiatric drugs

The Problem

Doctors often rush to medicate, citing a "chemical imbalance" that has **never been proven**. Patients are told they're chronically ill—that pills are their only path to wellness. But these medications often don't heal. They can numb emotion, dull personality, and create lifelong dependency. Trying to stop often makes things worse, trapping people in a cycle of dependence while pharmaceutical companies profit from suffering.

Our Core Beliefs

Rejecting Labels

Diagnoses create self-fulfilling prophecies and strip away self-agency

Emotional Resilience

Emotions are not signs of a broken brain, but natural parts of being human

Informed Consent

Families deserve full information about side effects and alternatives

Our Mission

UnScripted is dedicated to raising awareness among youth and their parents about the potential consequences of psychiatric medication while promoting alternative methods of treatment. We believe psychiatric medication should be used as a **last resort**, not a one-size-fits-all solution.

Our Vision

We envision a world that doesn't view human brains as broken. Instead, we see a future where each individual is treated as a unique case—without pathologizing or rushing to prescribe medication as a blanket solution. We're building a culture that embraces emotion, not erases it.

UnScripted

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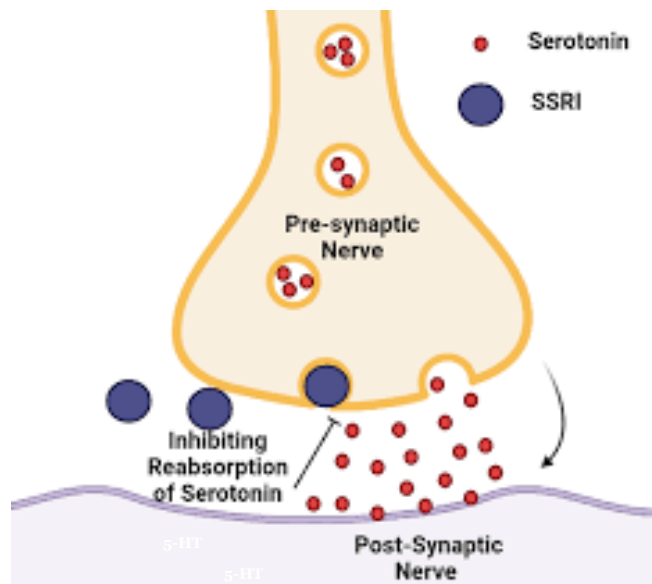
⚠ Important Information

This information is for educational purposes only and should not replace professional medical advice. Never discontinue psychiatric medication without consulting a healthcare provider, as withdrawal can be dangerous.

How SSRIs Actually Work

Selective Serotonin Reuptake Inhibitors (SSRIs) are commonly prescribed antidepressants. Understanding their mechanism can help you make informed decisions:

The Synapse: Where SSRIs Act



How It Works:

- Serotonin (5-HT) released into synapse
 - Binds to receptors on receiving neuron
 - ✗ SSRIs block natural reabsorption
- Result: More serotonin stays in synapse longer

Key Point:

SSRIs don't create more serotonin—they prevent its natural removal. This forces serotonin to remain in the synapse, artificially prolonging its effects.

⚠ The Problem with This Approach:

No evidence of actual deficiency: The "chemical imbalance" theory has never been scientifically proven. SSRIs don't fix a broken system—they artificially alter normal brain chemistry.

Brain adaptation: Over time, your brain may reduce serotonin production or receptor sensitivity to compensate, potentially requiring higher doses or causing dependency.

Withdrawal effects: When stopping SSRIs, the brain must readjust to producing and managing serotonin naturally again, which can cause severe withdrawal symptoms.

Common Side Effects of Psychiatric Medications

Many families are not fully informed about the potential side effects before starting medication. Here are some commonly reported effects:

Physical

- Weight gain or loss
- Sleep disturbances
- Fatigue
- Sexual dysfunction
- Digestive issues
- Increased diabetes risk

Emotional & Cognitive

- Emotional numbness
- Memory problems
- Difficulty concentrating
- Personality changes
- Increased suicidal thoughts (in some cases)
- Reduced creativity

Dependency & Withdrawal

- Physical dependence
- Severe withdrawal symptoms
- Rebound anxiety/depression
- Brain zaps and dizziness
- Long-term changes to brain chemistry

Long-Term Concerns

- Tolerance (requiring higher doses)
- Unknown effects on developing brains
- Difficulty returning to baseline
- Lifelong dependency in some cases

Why Overprescription Happens

Quick Medical Appointments

Doctors often don't have the time for full emotional or social evaluations

Pressure for Quick Relief

Teenagers and their parents want quick solutions – medication is the easiest tool to offer

Lack of Access to Therapy

Insurance rarely covers enough sessions, leading to a medication-first system

Mislabeling Normal Emotions

Sadness, anxiety, grief, and stress are increasingly treated as disorders

Alternative Treatment Options

Many people find relief through non-pharmaceutical approaches. Consider discussing these evidence-based alternatives with a healthcare provider:

Psychotherapy & Counseling

Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and talk therapy can help develop coping skills and address root causes of distress.

Exercise & Physical Activity

Regular physical activity has been shown to reduce symptoms of depression and anxiety, improve mood, and boost self-esteem naturally.

Nutrition & Lifestyle Changes

A balanced diet, adequate sleep, reduced caffeine/sugar, and omega-3 fatty acids can significantly impact mental health.

Mindfulness & Meditation

Meditation, yoga, and mindfulness practices help manage stress, regulate emotions, and improve overall well-being.

Social Support & Community

Strong relationships, support groups, and meaningful social connections are crucial for mental health and recovery.

Creative Expression

Art therapy, music, journaling, and other creative outlets provide healthy ways to process emotions and experiences.

Nature & Environment

Time spent in nature, outdoor activities, and exposure to natural light can improve mood and reduce stress.

Questions to Ask Your Doctor

- What are ALL the potential side effects of this medications?
- What are the withdrawal symptoms if I want to stop?
- What non-medication alternatives have you considered?
- How long will I need to take this medication?
- What evidence supports this medication for my specific situation?
- Are there any long term studies on this drugs' effects?