

SAFE- Support and Awareness for Everyone  
Stop Antidepressant Damage- Create a Safety Plan  
Choose a SAFE Advocate

Hopefully you're reading this before the drug has taken hold of you.

Studies have shown that your personality can begin to change in as little as **5 days**, and your partner may notice the difference in **6 weeks or less**.

It is important that you **talk to your loved one** about what can happen and put a **plan in place** — so they can help you see changes you may not recognize in yourself.

These changes are not who you truly are — they are **drug induced distortions** that can damage your relationships, your sense of self, and your future.

### Personal Safety Plan Form

My Name: \_\_\_\_\_

SAFE Advocate(s):

\_\_\_\_\_  
\_\_\_\_\_

I give permission for my SAFE Advocate to speak to my doctor about changes in my behavior or health.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Warning Signs My SAFE ADVOCATE should Watch For:

\_\_\_\_\_

Steps We Agree to Take if Changes Happen:

\_\_\_\_\_

**Don't become another statistic of an antidepressant destroying your family while you're under its influence.**

*Spouses and loved ones exposing the truth Big Pharma tries to hide.*

StopAntiDepressant Damage.com