

## Safe tapering of antidepressants

The RELEASE (REdressing Long-tErm Antidepressant uSE)<sup>1,2</sup> resources have been officially recognised by The Royal Australian College of General Practitioners.

The resources include tapering plans for 15 of the most commonly prescribed antidepressants, including 'slower', 'even slower' and 'faster' tapering plans for most antidepressants.

The tapering plans provide step-by-step instructions for slowly reducing antidepressant doses and information on how to access the mini doses used in tapering and include a brief intervention to prompt and support a discussion with people who have been taking antidepressants for longer than 12 months.

### Reference:

1. [RELEASE: REdressing Long-tErm Antidepressant uSE](#)
  2. [De-prescribing antidepressants and managing withdrawal](#) Goodfellow webinar archive (2024)
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