

Light and Unite Red Week 2025

# MYTH BUSTERS

“You can stop taking prescription meds once you feel better.”

**Fact:** More often than not, the reason you're feeling better is because of your medication! If you stop taking your medication, you may stop feeling better. You may go back to experiencing symptoms you had prior to your medication and have withdrawal symptoms at the same time. According to Mental Health America, it can even be dangerous to suddenly stop taking your medication.



  
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