

# 111 Things to Try Before Going On Psychiatric Drugs

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Alternatives to psychiatric meds! This is the number one thing I get asked for when I tell people that I consult with those who have been harmed by psychiatry and psychiatric drugs. What are the alternatives to psychiatric meds?

A lot of people say psychiatric drugs are a last resort, or that everything else should be tried first. They don't even mention alternatives to psychiatric meds though! Even many doctors claim psychiatric drugs should only be a last resort if all other options have been exhausted.

Really? Are people trying everything or even close to all of the alternatives to psychiatric meds? Some of these options might be prohibitive due to cost, beliefs, interest or access, and that's why I'm sharing a long list. Please google any terms on this list you aren't familiar with and be sure to do enough research to give yourself the best shot at succeeding at these methods. Most require ongoing regular practice.

Some are self explanatory, others require instruction or even medical advice. Some of these alternatives to psychiatric meds won't work for you, but keep scrolling and a few will. If you're considering going on psych drugs (or planning to come off, or in the withdrawal process) here are some things that can help:

1. Acupuncture (community treatments are often \$15-30, some areas have free group acupuncture).
2. Journaling. Writing my thoughts down every day has no doubt kept me out of the mental health system entirely for many years.
3. Art. Whatever kind you are drawn to can reframe your experiences so it no longer makes sense to see them as a mental illness.
4. Less refined sugar. Nutritional alternatives to psychiatric meds could be tried before taking "mood stabilizers" such as Lithium or Lamictal.
5. More protein, vegetables and healthy fats
6. Massage from a friend/Self massage with oils
7. Professional massage
8. Magnesium- Some supplements can be great alternatives to psychiatric meds for anxiety and sleep!
9. Run/walk/hike most days- wonderful alternatives to psychiatric meds such as SSRIs and SNRIs that would be good to try.
10. Yoga/gentle stretching
11. Meditation- Quiet time, breathing, yoga and meditation are important alternatives to psychiatric meds for many people, myself included.
12. Prayer
13. More time in nature

14. Eating wild foods
15. Methyl folate-especially for people who have the MTHFR gene, methylated B vitamins are important alternatives to psychiatric meds to try first. They can help with anxiety and stress.
16. Methyl B12
17. Herbal teas- these are great alternatives to psychiatric meds and work best when loose leaf whole dried herbs are used.
18. Vitamin C
19. High quality food-based multi vitamin
20. Cod liver oil- this and other essential fatty acids are important alternatives to psychiatric meds as they have been found to help with depression and anxiety as well as lowering inflammation in the body.
21. Flax seeds chia seeds
22. Bone broth
23. Blogging
24. Peer counseling
25. Warm lines
26. Starting a business with your talents
27. Probiotics
28. Go organic
29. Go to the beach/ lake/ river more. Many people in cities might forget to consider these important alternatives to psychiatric meds. Negative ions in natural flowing water change brain waves and make people happier and more relaxed.
30. Plants
31. More hugs/cuddling
32. Music
33. Tracking the lunar cycles- these alternatives to psychiatric meds have been used to understand moods in relation to the fluids in the universe since before psychiatric drugs existed!
34. Astrology
35. Tarot
36. Get tested for all vitamin/mineral deficiencies- very important to try these alternatives to psychiatric meds before starting any.
37. Naturopathic advice- Many naturopaths can give you detailed information about a lot of the items on this list of alternatives to psychiatric meds.
38. Homeopathy
39. Flower essences
40. Crystals
41. Weight lifting
42. Sports
43. Date and/or join a women's group/men's group/gender queer group
44. Clean your closets
45. Hire/ask someone to help you do something you can't do yourself
46. Peer support groups

47. Protests/activism- These alternatives to psychiatric meds that lets you use your emotions and integrate them into a greater purpose, while understanding more deeply where the issues come from. All emotions and states of mind are sociopolitical and none exist in a vacuum within an individual.
48. Helping others with your madness/genius- this is the best of all of the alternatives to psychiatric meds
49. Travel
50. Make more friends
51. Spend more time with your friends
52. Spend more time alone, in quiet
53. Let yourself stay in bed all day sometimes and let it be okay
54. Find friends you can have a meltdown with
55. Let yourself have meltdowns when needed
56. Avoid psychiatrists and people who believe in the medical model when you're in crisis
57. Martial arts
58. Express anger in a safe place
59. Write letters to family members that you don't send
60. Find someone who will just listen without judging or giving advice
61. Sing
62. Dance
63. Stick up for yourself
64. Avoid people who bring you down
65. Follow your inner guidance
66. Talk to yourself (vocal journaling)
67. Pray out loud
68. Vitamin D
69. Avoid too much caffeine
70. Limit other addictions
71. Sex/masturbation
72. Bare feet on the earth
73. Garden
74. Find rock bottom faith in your life
75. Examine your beliefs either on paper or aloud, alone or with a friend
76. Join meetups/other groups
77. Play games
78. Theater-act out different parts of you safely
79. Self-trust-never give full authority away
80. Speak publicly about something that can help others
81. Make You Tube videos to reach out to others
82. Find more support people online via Facebook groups and other forums
83. Make online friends into phone friends and in person friends when possible
84. Connect with animals
85. Get more fresh air

86. Move somewhere with weather and culture that suits you
87. Do a fundraising campaign on Go Fund Me/Indiegogo/Kickstarter to raise money for a project, or just for your expenses/goals
88. Reach out more and ask for help directly (from people who won't label you)
89. Start a support group if you can't find the right one in your area
90. Listen to your voices; what is their message?
91. Reconnect with old friends
92. Find friends who understand difficult times
93. Allow all feelings and mental states to exist
94. Be patient when possible
95. Accept uncertainty
96. Talk to your loved ones who have passed on and see if they have a message for you
97. Go to a psychic
98. Lie on the Earth and ask it to hold your problems for you for awhile
99. Stay hydrated
100. Take Epsom Salt/baking soda baths regularly
101. Use Coconut Oil on your body; it helps detox metals
102. Exfoliate your skin
103. Floss regularly-it prevents blood stagnation
104. Unplug when you need to
105. Let yourself rest/sleep more
106. Oil pull
107. Make a list of things you can offer and things you need. See where you can barter.
108. Slow down
109. Spend an hour a day expressing your creativity
110. Let yourself go crazy sometimes and know it is part of the human condition
111. EFT/tapping

I have actually tried all of the alternatives to psychiatric meds on this list; these aren't random ideas I have heard of. Every single thing on this list is something that has kept me off psychiatric drugs! No joke. Though I thought it would be hard to write such a long list, now I think there are many more things to add too. Please add your own ideas in the comments below and please share widely so we can start to shift the idea that people have already "tried everything".

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