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## Navy Yard shooter was on Antidepressant Trazodone—How many more drug induced shootings until lawmakers wake up?

By Kelly Patricia O'Meara  
September 18, 2013

It took less than 48 hours to learn that Washington Navy Yard shooter, Aaron Alexis, is another in a long line of [psychiatric drug-induced perpetrators](#).



The [New York Times](#) has reported that while in Providence Rhode Island on August 23, 2013, and again, five days later, in Washington, D.C., Alexis had been prescribed [Trazodone](#), an antidepressant that carries an FDA black box warning for suicide, and is documented to cause mania and violent behavior.

Now, twelve innocent people (plus the shooter) are dead at the Washington Navy Yard. Yes, these senseless deaths are sad, tragic, and incomprehensible. And it is time to point the finger at those who are responsible.

*(Note: Also click here to read statement from psychiatrist Peter Breggin on Navy Yard Shooter Aaron Alexis Taking the Antidepressant Trazodone)*

“Despite 22 international drug regulatory warnings on psychiatric drugs citing effects of mania, hostility, violence and even homicidal ideation, and dozens of high profile shootings/killings tied to psychiatric drug use, there has yet to be a federal investigation on the link between psychiatric drugs and acts of senseless violence.”

Because lawmakers, both at the state and federal level, refuse to address the enormous amount of information revealing the [connection between violence and prescription psychiatric drugs](#), mass shootings, like the massacre which occurred at the Washington Navy Yard, will continue.

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Seriously, how many mass shootings have to occur by shooters with a psychiatric drug history before those who have the power to make a difference finally take the necessary action to protect the American people?

The [list of shooters receiving psychiatric care and psychiatric drug use is long](#). In just a little over a year there have been three such mass shootings, including Aurora, Co., Newtown, Ct., and now the Washington Navy Yard, totaling 52 dead and 69 injured. In each case, as in dozens of other mass shootings, the common denominator is that the shooters were either receiving psychiatric care, taking mind altering psychiatric drugs or both.

While law enforcement fumbles around trying to figure out a motive, it may behoove them to look at Alexis' psychiatric history and, specifically, his complete psychiatric drug "treatment" record. This information is imperative and yet, it is astounding that more often than not, obtaining the psychiatric drug information of the shooters is withheld from the public for months and years.



*Alleged Navy Yard shooter, Aaron Alexis, is reported to have been taking the antidepressant Trazodone.*

A perfect example of this is the [lawsuit that has been filed in Connecticut](#) to force the state's Medical Examiner to release the psychiatric history and psychiatric drug data regarding gunman, Adam Lanza.

The same difficulties occurred with Aurora, Co., shooter, James Holmes, who also was under psychiatric care, and although police recovered antidepressants from his apartment, the media barely mentioned it and legislators ignored pursuing the role these drugs may have played in yet another mass shooting tied to psychiatric drug use.

People are dying needlessly. This information isn't a state secret. The proverbial cat has been out of the bag for years about the connection between psychiatric drugs and violence. Even the Food and Drug Administration (FDA) gets it, and acknowledges that psychiatric drugs can cause both suicide and violence.

Ironically, even the military has finally begun to address the over-prescription of psychiatric drugs because of the epidemic of military suicides. Unfortunately, a recent study, conducted for the Department of Defense, DoD, looked at dozens of factors that may contribute to the military suicides but, believe it or not, failed to even mention psychiatric drug use, which according to DoD's own data, is increasing yearly.

These are not benign drugs. They alter the mind. The FDA's MedWatch system reveals that between 2004-2012, there were 14,656 reports of psychiatric drugs causing violent side effects—1,415 cases of homicidal ideation/homicide, 3,287 cases of mania & 8,219 cases of aggression. The FDA admits that less than 1% of all serious events are ever reported to it, so the actual number of side effects occurring are most certainly higher.

This isn't guess work. It is documented. [At least 31 school shootings and/or school-related acts of violence](#) have been committed by those taking or withdrawing from psychiatric drugs, resulting in 162 wounded and 72 killed.

Mania, hostility, violence, suicidal ideation and even homicidal ideation are adverse effects of psychiatric drugs. [Twenty-two international drug regulatory warnings have been issued for psychiatric drugs.](#)

What part of these national and international warnings, the FDA's Black Box Warnings and the lengthy list of shooters (including Alexis) with psychiatric drug use, don't lawmakers understand? How many more innocent people have to die because lawmakers lacked the courage to explore the possibility of a connection between psychiatric drugs and violence?

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*Kelly Patricia O'Meara is an award winning former investigative reporter for the Washington Times, Insight Magazine, penning dozens of articles exposing the fraud of psychiatric diagnosis and the dangers of the psychiatric drugs – including her ground-breaking 1999 cover story, Guns & Doses, exposing the link between psychiatric drugs and acts of senseless violence. She is also the author of the highly acclaimed book, [Psyched Out: How Psychiatry Sells Mental Illness and Pushes Pills that Kill](#). Prior to working as an investigative journalist, O'Meara spent sixteen years on Capitol Hill as a congressional staffer to four Members of Congress. She holds a B.S. in Political Science from the University of Maryland.*

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Statement by Psychiatrist Peter R. Breggin, MD

This brief analysis is offered in response to information that the Navy Yard mass murderer, Aaron Alexis, was taking the antidepressant trazodone. Alexis was reportedly started on trazodone for sleep on August 23, 2013 at the Veterans Administration (VA) clinic in Providence and refilled on August 28 at the VA in Washington, DC. Twenty days later, on September 16, he committed the violent assaults. Severe adverse drug reactions such as suicide and violence typically occur in this relatively short time span after starting an antidepressant. Individuals with a known history of violence like Alexis are at even higher risk of being driven to more extreme violence by exposure to antidepressant drugs.

Antidepressants can cause a broad range of stimulating amphetamine-like adverse ... [See More](#)

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**Rory Andrews**

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**Fzen Fouad** · Ibnou Zohr University

Please, why did not you investigate and intervnee to Ouarzazate City in the main Southern Site Of Morocco Country, to execute and jail the whole expert beast cruel well-criminalized team of Psychiatrique Services' SIDI HUSSEIN BEN ASSEUR HOSPITAL, whom they have savagely been turning against thousands of thousands of quite innocent deep-rooted Ouarzazi Patients and Victims ; whom they have wildly been killing and earthening them away among the all Local Secret Ouarzazate' City' Grave-yards'Spaces and Areas since 1970s up to right today; 2013s?????????

Of course, the whole Moroccan National Locally Expert Beast Cruel Well-criminalized Team Of Nurses, Medicines and Doctors; those whole timely have been working out to treat against the whole very innocent patients and victims ; those whome they have oppressively been dopping agal... [See More](#)

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[View 1 more](#)**Amanda Lp**

Wow. How sad is this. Are we totally missing the forest for the trees on this one? These individuals that have committed these horrendous crimes are not doing so because of psychiatric drugs or psychiatric care, but because of the psychiatric conditions they are, or should be, treated for. Convenient to blame drugs, drug companies, and doctors (for the record, ALL physicians "practice" medicine.), rather than face the uncomfortable truth that we have a psychiatric crisis in this country. Far more people with severe mental illness are being treated in prison than in hospitals.

Please think about this rationally. I know what I'm talking about. My dad is homeless because of untreated paranoid schizophrenia, my mom has bipolar disorder and I have clinical depression. It's rarely the meds to blame (drugs have come a LONG way in the past thirty years).

The discussion should be, HOW do we get people treated who need it, not how do we let these people roam the streets untreated. What a travesty. It's easy to judge and throw out opinions when you haven't lived with it.

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**Annie Paliza** · Palmdale, California

Excellent point. This is just so depressing...

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**Tina Tremonti Kaveney** · Palmdale, California

Totally agree Amanda. And, while I'm in favor of some gun control, blaming these issues solely on guns takes the attention away from the real cause, untreated, or under treated mental illness.

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22 international drug regulatory warnings (as cited and linked to on the page) linking psychiatric drugs to violence - and a study from PloS One (as reported and reprinted from TIME Magazine) , The top 10 legal drugs linked to violence - of which 8 of the top 10, are psychiatric drugs. From Time, and we quote,

"When people consider the connections between drugs and violence, what typically comes to mind are illegal drugs like crack cocaine. However, certain medications — most notably, some antidepressants like Prozac — have also been linked to increase risk for violent, even homicidal behavior....A study from the Institute for Safe Medication Practices published in the journal PloS One and based on data from the FDA's Adverse Event Reporting System identified 31 drugs that are disproportionately linked with reports of viole... [See More](#)

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[View 7 more](#)**Richard Reich**

This has been so well-documented for so long, it's time to start investigating why Congress has







