

Ellen Lubensky



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About Ellen Lubensky



Ellen Lubensky is an attorney and mental health reform advocate working at the intersection of law, patient rights, and psychiatric care accountability. With over 20 years of legal experience—including work in Social Security Disability and medical malpractice—she brings a legal-first lens to a space typically dominated by clinicians.

After being wrongly diagnosed and prescribed psychiatric medication, Lubensky lost nearly three decades of her life to physical decline, suffering, and limitation. Now, through careful tapering and diet-based healing, she is reclaiming her health and her voice. Her story speaks to the human cost of misdiagnosis, the complexity of psychiatric medication, patient advocacy, and the hope of recovery.

Lubensky's mission is to increase transparency, accountability, and informed consent in psychiatric treatment, with a particular focus on the risks of benzodiazepines and antipsychotics, misdiagnosis, and the lack of withdrawal support.

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