

Tara Richards  
Pittston  
LD 1914

I am the wife of a Maine Army, two-time combat Veteran and I am writing to encourage you to vote in favor of LD1914. Our military people have chosen to fight for our country knowing that they may pay the ultimate price for our freedoms. Combat Veterans face challenges most of us will never experience, nor can we imagine. When they get home, they are given handfuls of pharmaceuticals that only mask the real issues and cause a range of additional, and worse effects. They deserve better as do their families, who have supported their Veterans and borne the brunt of the effects of combat and over-medication of their loved ones.

Psilocybin mushrooms have allowed my husband to heal. They have helped him to process through his trauma in a meaningful and safe way. Prior to psilocybin mushrooms, my husband struggled with depression, anxiety, anger, and hypervigilance. This made it difficult for him to enjoy experiences with our family as he was not able to be fully present. It was challenging for him to regulate his emotional response. Since taking psilocybin mushrooms, all of this has changed. He is able to be fully present with our family which has allowed him to enjoy vacations and events. When we go out to eat, he no longer has to sit with his back to a wall as he is not consumed with hypervigilance. Our Veterans deserve to be able to access safe and natural medications legally. All of the citizens of Maine and throughout the country deserve this right. Psilocybin mushrooms have changed our lives in positive, amazing ways.