

Shawn Rowe
Brunswick
LD 1914

In support of LD 1914

I first tried Psilocybin mushrooms just after the Covid pandemic hit in 2020. I had been dealing with debilitating depression, anxiety, and OCD symptoms for years, and they were only exacerbated by the isolation brought about by the wide-reaching lockdown. I knew they were illegal when I decided to try them, but years of the medication carousel had worn me down to my rawest emotions and left me unable to deal with them even with traditional therapy. To keep it brief, psilocybin opened my eyes to my own cycle of self-sabotage and rigidity and also allowed me to work through feelings without going into a crisis mode that would normally have me making emergency calls to my psychiatrist, or even going to the ER. Both my therapist and psychiatrist have both remarked that they had never seen such swift progress with such little chemical treatment. I ask you to please, allow the passage of LD 1914 so people can have true healing in the state of Maine, and even blaze a trail for other states in the future. Let us be a hub of the new age of Psychiatry and healing without forcing a fear of legal repercussions upon already hurting people.

Thank you for your time and consideration.