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As a psychiatrist, I have come to realize that there is a broad misunderstanding between the presence of a diagnosable major mental illness and the lack of mental wellness that can be manifested as rage, anger, the desire for revenge, feeling wronged and therefore wanting to punish others, intense feelings of retribution and a whole host of other dangerous states of mind all of which can escalate to violence. The yellow flag law focuses solely on diagnosable mental illness which experts have shown does not serve as a useful predictor for violence against others; far more reliable are the escalating warning signs, threats, recent crises or domestic violence, marked changes in behavior, demeanor or appearance, uncharacteristic fights or arguments, and telling others of plans for violence, especially in the context of substance abuse. In fact, a Duke University professor of Psychiatry and Sociology, Jeffrey Swanson Ph.D. has concluded that even if we were to eliminate the vast majority of major mental illness the rate of violence would decrease by only 4%. While a yellow flag law may allow for assessment of some people who are suicidal, for all of the above reasons, a yellow flag law is ineffective law for removing firearms from those who present a threat of gun violence toward others, while at the same time stigmatizing those with mental illness who are far more likely to be victims of violence than perpetrators. It is my strong opinion, as a psychiatrist, that we need to enable the Extreme Risk Protection Orders that would exist under Red Flag Law to empower law enforcement to remove firearms from those who are deemed to be imminently dangerous. The yellow flag delays the removal of firearms by requiring a mental health assessment which is not in any way equivalent to an assessment of dangerousness. Maine is the only state with a yellow flag law; I urge you to join the 21 other states who have enacted red flag laws. With a red flag law, there is protection from using firearms in a suicide as well as in violence against others, such as in mass shooting, as soon as the warning signs are reported. Please let us take the strongest steps possible to keep all of our citizens safe by enacting a red flag law that enables genuine Extreme Risk Protection Orders.