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I am writing to you today in strong opposition to the proposed bill that seeks to make abortion illegal in Maine. As a concerned citizen, I believe that access to abortion is a fundamental aspect of healthcare, and restricting it would have devastating consequences for individuals, families, and our healthcare system as a whole.

Abortion is not a political issue—it is a healthcare issue. Pregnancies can be complex and, in some cases, life-threatening. The decision to continue or terminate a pregnancy is deeply personal and best made between a patient and their doctor, not the government. Medical professionals overwhelmingly agree that access to safe, legal abortion services is essential to comprehensive reproductive healthcare.

Restricting abortion does not eliminate the need for it; rather, it forces individuals to seek unsafe alternatives or travel out of state, increasing risks and widening healthcare disparities. Those who are most impacted by abortion restrictions are often the most vulnerable—low-income individuals, survivors of sexual assault, and those facing serious medical complications.

Maine has long been a state that values personal freedoms and respects the rights of individuals to make medical decisions for themselves. Criminalizing abortion contradicts these values and endangers the well-being of Mainers. Instead of restricting access, we should focus on expanding education, contraception, and support services that help individuals make informed reproductive choices.

I urge you to oppose this bill and stand up for the rights, health, and dignity of Maine residents. Thank you for your time and consideration.