

To: Committee On Health and Human Services

January 28, 2026

**Testimony in support of LD 2144: Resolve, to Establish the Working Group to Prioritize
Wellness and Mental Health Resources for Heritage Industries**

Senator Ingwersen, Representative Meyer and honorable members of the Committee On Health and Human Services. My name is Bella Sturtevant, I am a resident of Leeds and I am a student at Thomas College in Waterville. I am a Rural Youth Organizer at JustME for JustUS, a nonprofit, nonpartisan, rural youth led, climate justice organization. As a young person from rural Maine, I am writing in support of LD 2144: Resolve, to Establish the Working Group to Prioritize Wellness and Mental Health Resources for Heritage Industries.

Although I don't have specific experience with the heritage industry, many people struggle with untreated mental health issues. Too many people in my community are self-medicating because they don't have the support they need to access the few resources we *do* have in our community. Mental health issues do not discriminate, they affect all of us in some way or another. Our communities need to take care of each other, especially those hard-working people in the heritage industry who might need support. As members of the legislature, you have more power than I do, but we are all members of the same communities, with the same duty to protect our own. Which is why I urge you to vote *ought* to pass on LD 2144: Resolve, to Establish the Working Group to Prioritize Wellness and Mental Health Resources for Heritage Industries.

Thank you for hearing my voice,

Bella Sturtevant

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Leeds
LD 2144

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