

From: **Phoebe Rogers**

Date: **1/28/26**

Re: Testimony in support LD 2144, An Act to Establish the Working Group to Prioritize Wellness and Mental Health Resources for Heritage Industries.

Senator Ingwersen, Representative DeBrito, and honorable members of the Committee On Health and Human Services. My name is Phoebe Rogers. I am a resident of Starks and a young person of Somerset County. I am part of a youth organization JustME For JustUS, and am writing in support to LD 2144.

I've grown up gardening and farming with my family. As rural Mainers, many people in my community are farmers living off the land to provide for their families.

Most farms are built from generations and are passed on to their offspring to keep their local businesses running.

Mental health is often neglected and stigmatized in agriculture and for many next generation farmers, young adults are prone to dealing with the stress of running their business as well as increasing work overload. With more droughts and temperature rises effecting crop outcome, work load for many is becoming more difficult and unpredictable to manage.

As a young person, I see these challenges among my neighbors and community.

For all the above reasons, I urge you to vote "ought to pass" on LD 2144.

Sincerely

Phoebe Rogers

Resident of Starks, Maine