

Tyler Farnham
Poland
LD 1582

For over a decade I struggled with depression, anxiety, and obsessive compulsive disorders, all of which were severely interfering with my quality of life. I attempted to end my own life on more than one occasion, after which I was hospitalized for extended periods at various mental health clinics. I was prescribed and offered a plethora of pharmaceuticals, all of which gave a very unpleasant experience. It's as if I was numb to the world, and some of these drugs left room for abuse. I can see how when not given another option for treatment, many turn to abuse or harder drugs. I was struggling real hard, not getting anywhere with doctors, hospitals, shelters, support groups and therapy. I even became a father and had to take time away from my daughter to be in a crisis unit for long periods of time to work on my mental health. Nothing was helping. As a self studied nutritionalist and herbalist, I became aware of the promising benefits of psilocybin. My strong interest and knowledge of history and culture also taught me how psychedelic plant substances have been used around the world for thousands of years for medical purposes, in ethnic groups that have little to no mental health disorders. So I approached a friend, who at the time was growing psilocybin mushrooms, of course doing so in fear of the law. I started small and worked my way up to several grams of mushrooms. I don't need to go into detail about the experience I had, it was lengthy, but it was very positive. The real point I wish to convey is the result. After all my failed attempts to improve my mental condition, it's as if a switch was flipped and a light was turned on inside of me. I went from wanting to end my life, to loving life so much that I am now days away from having my second child.

Now is a time more than ever, with the pandemic in full swing and mental health crisis at all time high, to welcome new therapy for those struggling. Psilocybin is safe, and proven effective time after time. If our lawmakers decide to reject this proposed bill, and deny doctors and patients the right to seek new treatment for debilitating conditions, they are not representing the views of Maine state citizens nor acting in our best interest. The war on drugs has hurt more than it has helped. I would like to have faith in my legislators that they can be pioneers in the highway to mental health. I support the use of psilocybin for medical purposes and would like to see this bill passed. My views are consistent with many others who suffer the same conditions as myself. Thank you for your time.