

October 2024

It is now estimated that one in five Australians are currently suffering from mental illnesses, with far-reaching consequences for society as a whole. Unfortunately, many people find that conventional medication and therapies either don't work, don't work well enough, are unsustainable, or have substantial side-effects. Psychedelic-assisted therapies have shown remarkable results, even for people who have not found relief from numerous other treatments. To give people with mental illness the possibility of accessing regulated psychedelic therapies, we need your help.

Mind Medicine Australia's Patient Support Fund (PSF) subsidises treatment costs for Psychedelic-Assisted Therapy in Australia to support equitable access.

In October 2024, we committed to funding treatment for 7 patients. The total amount committed at the end of October 2024 is over \$63,000 AUD. We have also received further funding requests for November. Below you can read more about the selected patients.

Patient 1:

A 44-year-old man has been battling treatment-resistant chronic depression for years, despite trying numerous antidepressants, transcranial magnetic stimulation (TMS), electroconvulsive therapy (ECT), esketamine, and several psychotherapies including ACT and CBT. His condition has led to multiple hospitalisations, and he has experienced no significant relief from these treatments. Currently unable to work due to his depression, he struggles with finding purpose and relies on his wife for support. Financial constraints limit his ability to explore further treatment options, such as psychedelic-assisted therapy, without external funding assistance like MMA's Patient Support Fund (PSF).

Patient 2:

A 37-year-old woman has struggled with treatment-resistant chronic depression and OCD for many years. Diagnosed with ADHD at age 10 and autism spectrum disorder at 14, she began experiencing severe symptoms of depression, anxiety, and OCD at 22. Over approximately seven years, she engaged in talk therapy with around ten different therapists and trialled several medications, but these efforts have provided no significant relief. With all available treatment options exhausted, she continues to experience debilitating symptoms. Currently facing significant financial hardship, she is unable to work and relies on JobSeeker payments while awaiting NDIS approval. Accessing psychedelic-assisted therapy without financial support would not be feasible.

Patient 3

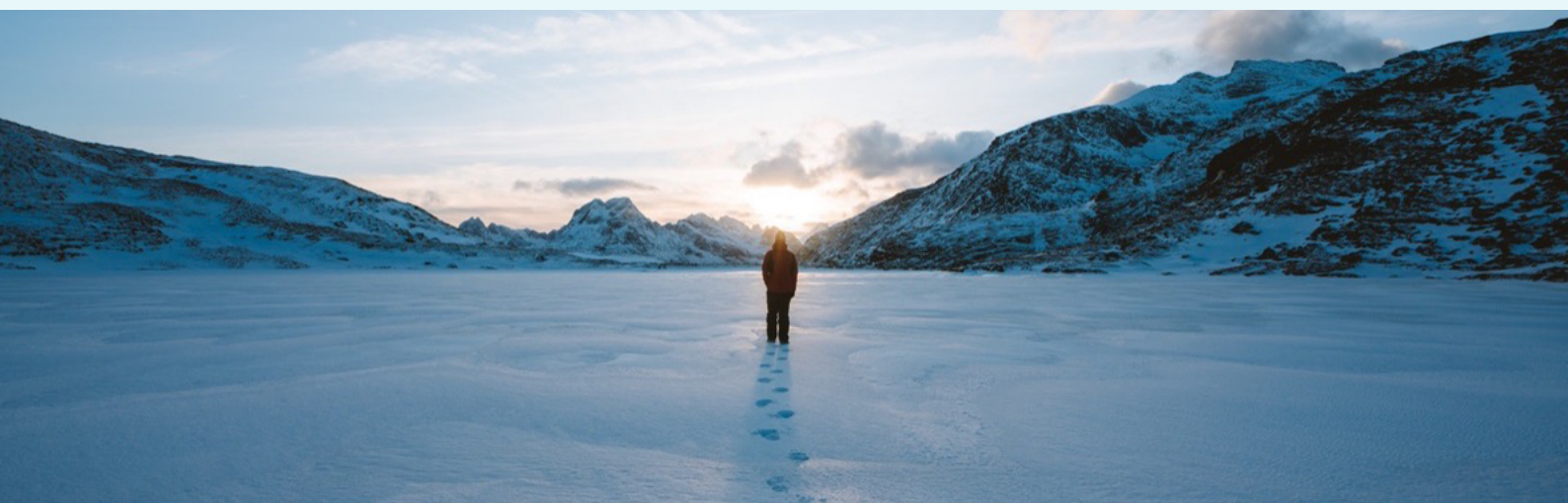
A 42-year-old man has been struggling with treatment-resistant chronic depression for a long time. Despite cycling through various antidepressants, transcranial magnetic stimulation (TMS), multiple courses of electroconvulsive therapy (ECT), and engaging with several psychologists, he has experienced no significant therapeutic benefit. With all available treatment options exhausted, he now relies on NDIS support and income protection payments from his previous employer. Accessing further treatment, such as through MMA's Patient Support Fund (PSF), would not have been possible without financial assistance.

Patient 4

A young adult woman, who has lived independently in Australia for the past 14 years without family support, has been battling severe mental health conditions since childhood. Diagnosed with anorexia nervosa at age 10, she has also endured significant trauma, leading to complex PTSD, depression, and anxiety. These conditions have deeply impacted her quality of life, resulting in long-term suffering, frequent hospitalisations, and chronic psychological instability. Despite diligent efforts, including working and receiving Centrelink support, her income is insufficient to cover living and treatment expenses, and her savings are exhausted. She has pursued various treatments, including CBT-E, SSCM, medication, Ketamine-Assisted Psychotherapy, and recently, psychedelic-assisted therapy (PAT). Without access to PAT and MMA's Patient Support Fund (PSF), her recovery would be severely compromised.

Patient 5

A woman suffering from complex PTSD (C-PTSD) has endured a traumatic past, growing up in a large, strict religious family of 13 children where she experienced severe abuse and homelessness. Despite trying multiple medications, she continues to suffer from frequent panic attacks and chronic physical symptoms such as fatigue, migraines, muscle aches, digestive issues, and insomnia due to being in a constant state of fight-or-flight. Struggling to hold down jobs, she is currently unemployed and financially dependent on her husband, who works multiple jobs to support them. Recently, she had to withdraw from a course in aged and disability care after only two weeks due to daily panic attacks, intensifying her feelings of guilt, shame, and failure. These burdens have also led to passive suicidal ideation. To afford her treatment, her husband withdrew funds from his superannuation, along with support from MMA's Patient Support Fund (PSF), a necessity that she finds difficult to bear.



Patient 6

A 45-year-old woman suffers from PTSD rooted in severe childhood trauma, having grown up in a home marked by domestic violence, alcohol abuse, and the responsibility of caring for her alcoholic mother. She was further affected by her sister's departure from home at age 15, leaving her to cope with abandonment and a troubled family environment. Despite presenting as "functioning," she endures constant trauma, anxiety, and self-loathing, which manifest as poor social skills, hyper-vigilance, and feelings of worthlessness. Over the years, she has pursued psychotherapy, three attempts at EMDR, TMS, CBT, and talk therapy, with no lasting improvement. She has also trialled SSRIs, which have only a numbing effect and do not address her trauma's root cause. Access to psychedelic-assisted therapy and MMA's Patient Support Fund (PSF) is critical to her recovery.

Patient 7

A 37-year-old woman has been living with Anorexia Nervosa and trauma for the past 15 years, dedicating a significant amount of money to essential treatments like therapy, dietetics, and residential care, which has cost her tens, if not hundreds, of thousands of dollars. She endured sexual abuse at age 6, leading to low self-esteem, self-harm, and excessive dieting during her teenage years. At 22, her condition worsened with a diagnosis of Connective Tissue disease, limiting her mobility. Severe dietary restriction led to hospitalisations, and though she managed to finish a teaching degree and secure a job, her social life deteriorated due to isolation and eating limitations. Her world gradually narrowed, leading her to take medical leave from teaching in early 2024. Now, relying on Centrelink payments that barely cover her living costs, she continues to struggle with chronic illness and social isolation. Resistant to traditional treatments, she hopes MDMA-assisted therapy, supported by MMA's Patient Support Fund (PSF), will offer a breakthrough in her recovery where other methods have failed.



WE NEED YOUR SUPPORT

Many more patients with similar stories would benefit from access to these life-changing treatments. Help us to make psychedelic-assisted psychotherapies accessible for all Australians who need them by donating to our Patient Support Fund.

Donate today:
mindmedicineaustralia.org.au/psf