



MIND MEDICINE
A U S T R A L I A

MEDIA ALERT: 24 March 2021

Your Psychedelic Healing Stories Can Help Change and Save Lives

[Mind Medicine Australia](https://mindmedicineaustralia.org.au) wants to reduce suicides and suffering from mental illness by expanding the treatments available to include psychedelic-assisted psychotherapy. Legislation, regulation, and science are just one part of the story, though. The best way for people to see how psychedelics can change, and even save lives, is by sharing stories of healing and hope.

We're putting together a special book about psychedelics in Australia, the first of its kind - filled with incredible and inspirational stories of people who've changed their lives through psychedelic medicines like psilocybin and MDMA.

We are inviting people across Australia to submit their healing stories for consideration to be included in the book. These stories will help us give hope, change minds, raise awareness, reduce stigma, and increase support for psilocybin and MDMA assisted therapies.

Please visit <https://mindmedicineaustralia.org.au/submit-your-testimonial> for more information and to **submit your healing story no later than April 30 2021**.

Testimonials written to the Therapeutic Goods Association in support of the rescheduling of psilocybin and MDMA, show how powerfully healing psychedelics can be. Here are some examples of stories that are already helping:

*MDMA enabled me to view my trauma through different eyes, without actually going through the trauma with all the bad emotion. The emotion was still there, but different. Over time, I was able to lessen my PTSD, anxiety and self-destructive habits simply by taking MDMA and gaining a greater understanding of the traumatic situation and my response to it. MDMA also enabled me to forgive my perpetrator. I didn't understand the power of forgiveness at the time and that enabled me to move through the world without the oppressive nature of my trauma dragging me down. MDMA lessened my fear. **L. Ryan***

I have had severe PTSD for 34 years since the age of 19, following a childhood of physical, emotional and sexual abuse. Over that period, I had been treated by 18 therapists, including 3 psychiatrists, and had been hospitalised following a failed suicide attempt.

*3 years ago, I moved to Amsterdam where I was able to receive MDMA-assisted therapy for PTSD following the MAPS protocol. I had 3 such sessions and experienced a complete cessation of all PTSD symptoms. The psychedelic experiences themselves were the most profound healing experiences of my life and relieved me of the burden of pain, terror and shame I had been carrying. I am now re-assessing my life from a "post-PTSD" perspective, something I never thought I would see. It has been like giving me a new life. **S. Ball***



MIND MEDICINE A U S T R A L I A

*Trauma creates a prison in the mind, leaving countless Australians shackled by mental illness...I believe psychedelic therapy, responsibly administered in a safe and supported environment, is the key to unlocking those prison doors... In desperation, from a place of abject hopelessness, I turned to safe and supported Ayahuasca psychedelic therapy. One week of intensive treatment provided transformational healing. I'm honoured to be an example of what is possible with guided psychedelic therapy, and it is my passion to help my brothers and sisters in arms find their own healing journey." **J. Harrop (ex-ADF Veteran)***

As a recently retired Australian Airforce Electrical Engineering Officer of 16 years, I have spoken on ABC radio and published an article on Medium regarding the profound healing both Psilocybin and MDMA have provided me. Suffering from PTSD, anxiety and depression, traditional psychotherapy and antidepressants did not work. I would not be writing this today if it were not for these psychedelic medicines.

*These medicines have been a light in my darkness, helping me once again gain a sense of purpose, self-love and acceptance I never thought possible. Other Western nations are progressively rolling out legalisation of psychedelic medicines with the safety and efficacy being no longer in question. Unfortunately, I believe we will look back on the unnecessary delays in access to these healing modalities as a sad part of history where many Australian families lost loved ones that could still be with them. **M. Raymond (Veteran)***

Please see Mind Medicine Australia's final Submissions to the TGA here which include more powerful testimonials: https://mindmedicineaustralia.org.au/wp-content/uploads/TGA-Interim-Submission-psilocybin-FINAL_040321.pdf
And https://mindmedicineaustralia.org.au/wp-content/uploads/TGA-Interim-Submission-MDMA-FINAL_040321.pdf

The TGA will make its final decision on 22 April.

At least 1 in 8 adults, 1 in 4 older adults and 1 in 30 children are on antidepressants currently. The relatively small remission rates from existing treatments are contributing to Australia's devastating mental health statistics. With mental illness accelerating throughout the community as a result of the Covid-19 pandemic this makes the need for innovation in treatments even more urgent.

We thank the media for their ongoing support for creating positive change in Australia. This will help so many people suffering from debilitating mental illnesses in this country.

Please note the following are available for interview:

- **Peter Hunt AM (MMA Chair)**
- **Tania de Jong AM (MMA Executive Director)**
- **Dr Simon Longstaff AO**, Executive Director of The Ethics Centre (**MMA Director**)
- **The Hon. Andrew Robb AO (MMA Director)** - Board Director of MMA and former Trade Minister to Australia who has had treatment resistant depression for 43 years.



MIND MEDICINE A U S T R A L I A

- **Chris Barrie AC** - Board Director of MMA and former Head of the Armed Forces who says these treatments are the only hope for Veterans suffering with PTSD.
- **Dr Jamie Rickcord** - who received the first SAS-B approval for a GP to treat a patient with psilocybin-assisted therapy in northern NSW.
- **Michael Raymond** - Veteran in Canberra who has healed through these treatments
- **Dr Stuart Saker** – A Veteran and Psychiatrist from NSW, currently a participant in the first Certificate in Psychedelic-Assisted Therapies who treats Veterans

For further information, or to arrange an interview, please contact Ilan Hayman
ilan@mindmedicineaustralia.org or Tania de Jong tania@mindmedicineaustralia.org
Phone: (03) 8679 6015 or 0411 459 999 www.mindmedicineaustralia.org