



TGA Interim Decision Patient Submission Highlights March 2021

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

I am a mother who lives with the daily fear that I will lose my child to her illness. I have journeyed the tortured path of mental illness with my daughter for the past 15 years. I have seen the agony and desperation in her eyes, and I have struggled to maintain the stability of my family as we have all been overwhelmed by the pain she suffers. I need answers. I need help. I need treatment. And I need it now!

So, its time. Enough time wasting and enough politics. It's time to ask yourself what is the real agenda and reason behind drugs such as Psilocybin and MDMA being denied to Australian patients. It's time to ask yourself who you are responsible to? Who should you be caring for? The answer is MY DAUGHTER. She is not a number; she is a real person, and she WILL NOT be a suicide statistic. I need your help. I can't save her without your help, understanding and willingness to give her every possible treatment option. It's time to make a shift in Australia's approach to the use of all drugs and to show we are not under the influence of the large drug companies or driven by conservative political or hidden agendas. But most of all it is time to save the life of my daughter and potentially thousands like her. I am relying on you, please do not let me down.

T. Mason-Smith

It is appalling to think that psychiatric patients such as my eighteen-year-old daughter face having to take years' worth of 'suck it and see' medication with associated side effects including gastrointestinal, mental, increased anxiety, affected libido, fatigue and others, when psilocybin treatments only involve 2-3 sessions with the medicine and that they are safe and non-addictive when used in this way as part of therapy.

J. Castran

I have 15 years' experience in the Community Services Sector. I also now suffer from treatment resistant Depression and PTSD. If I had access to these medicines, my quality of life and that of my family could be so much better and could possibly have full remission. I do not want to be a burden to the system, I want my life back, I want to be an active member of my community and don't want to end up taking things into my own hands.

J. Banks

It is disappointing for many sufferers, such as myself that the committee has made the interim decision to not reschedule the medicinal use of Psilocybin and MDMA. I do not use the term



'sufferers' lightly, some of us have literally been suffering for our living memory. I have existed, I cannot call it living, with Complex PTSD, depression, anxiety and the chronic health conditions these untreatable conditions have wrought.

C. Stratton

It should be considered that people who would participate in the therapy (ie. patients looking for relief from end-of-life distress, addictions or severe depression) are much more likely to die from suicide due to lack of effective treatment options.

A. Chmist

I've been under treatment for approximately the last 20 years. While I have achieved some normality, I often have debilitating periods where my depression wins as I say. I have a tough time doing anything other than just existing. I am on medications such as Effexor XR, Mirtazapine and Olanzapine and seeing a clinical psychologist for the last 20 of those years as well. My GP has concluded with my psychologist and psychiatrist's assistance that I have Treatment-Resistant Depression...Not having safe and regulated access to these treatment options means I will continue to experience the rollercoaster of mental health illness for the rest of my life, which as I'm sure you would agree is not a pleasant prospect.

C. Marchant

As someone still living with treatment resistant depression and anxiety after 10+ years, I don't understand why therapeutic use of psilocybin and MDMA would not be made legal in Australia when it has proven to be effective overseas.

S. Hazelman

We are in the midst of a mental health epidemic and urgently need solutions. Psilocybin should be made available as an option for people who need it.

R. Mateer

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

Please, please, please, give my relatives and thousands like them the opportunity to legally access this treatment and have a good chance of finally receiving relief from their suffering, enabling them to live full lives and contribute to society.

S. Grant

I am one of those fortunate enough to have received psilocybin legally in Jamaica and experienced a considerable, but slowly diminishing, reduction in the symptoms of treatment resistant depression and social anxiety

T. Edney



MIND MEDICINE A U S T R A L I A

I have tried numerous conventional treatments over the years provided by expert psychiatrists, psychologists and other doctors. I have been suicidal in the past and recently my condition has declined during covid this year having faced numerous suicides in my social network

while living in Melbourne during the lockdown. These two treatments, psilocybin assisted psychotherapy and also MDMA assisted psychotherapy have shown great promise in the number of worldwide clinical trials and could provide great easing of my suffering and even the possibility of being cured.

Y. Levitch

Please don't give up, as a lifelong sufferer of mental illness I have been on every pill known to man all with the same band-aid results. I have no doubt in my mind that this therapy is the way forward. The old way hasn't and won't work. I am now approaching 50 years old very fast and would like just a few years of my life to be peaceful and not filled with crippling depressive episodes and constant anxiety and I'm sure there are a heap more just like me. Please keep fighting - this may be our last hope!

S. Farrington

"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, (Veterans of War, 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 anti-depressants 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)