

# Mental Health is the Crisis We Can't Ignore

We have treatments and solutions in development now.



## Decades of Inaction Have a Human Cost

No new PTSD therapies since the 1990s. No new anxiety medications since 2007. The system hasn't changed but the suffering has grown. And, **it's costing lives, every single day.**



**1 in 5**

Americans suffer from serious mental conditions<sup>1</sup>

**49,000+**

Americans **die by suicide** annually – 1 life lost every 11 minutes<sup>2,4</sup>

**50%**

Of people with depression **don't respond to first-line treatments**<sup>5</sup>

**\$282 Billion**

Is what mental illness costs the United States **each year**<sup>6</sup>

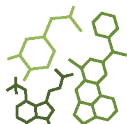
## Psychedelic Treatments are Delivering New Hope

Prescription psychedelic treatments are showing promise of rapid, lasting results for Americans facing severe mental health challenges – offering a viable path to **reduce suffering and the national economic burden of mental illness.**

Condition	Treatment	Key Result
Generalized Anxiety Disorder	Deuterated DMT	67% showed response at 6 months <sup>7</sup>
Alcohol Use Disorder	Psilocybin	48% reduction in heavy drinking days <sup>8</sup>
Generalized Anxiety Disorder	LSD*	65% saw improvements in symptoms <sup>9</sup>
Major Depressive Disorder	Bretisiloicin	70% in remission by day 14; 94% by day 29 <sup>10</sup>
Major Depressive Disorder	Deuterated Psilocin*	71% in remission at 12 months <sup>11</sup>
PTSD	MDMA*	67% of participants no longer met the diagnostic criteria for PTSD <sup>12</sup>
Terminal Illness Anxiety	Psilocybin	60-80% report major relief <sup>13</sup>
Treatment-Resistant Depression	5-MeO-DMT*	Ultra-rapid antidepressant effects by Day 1-7 <sup>14</sup>
Treatment-Resistant Depression	Psilocybin*	37% had their depression out in half or better at week 3 <sup>15</sup>

- \*Indicates **FDA Breakthrough Therapy** designation
- **Rapid and durable effects** - often after single administration
- Delivered in licensed, **supervised clinical settings**
- Showing signs of **low risk for abuse** but more study is needed

Association for  
**Prescription  
Psychedelics**



### Association of Prescription Psychedelics (APP) Policy Priorities

APP is advocating for safe and effective **FDA-approved prescription psychedelic medicines** to treat a wide range of conditions caused by mental illness and calling for **FDA/DEA** coordination to accelerate the review process.

[www.psychedelicsrx.org](http://www.psychedelicsrx.org)

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# Supporting Our Veterans

Transforming PTSD and Depression Care for Those Who've Served with Prescription Psychedelic Medications

## The Silent Struggle

- **17 veterans die by suicide** every day<sup>16</sup>
- **PTSD and depression remain under-treated**, despite widespread suffering
- **Current medication often fail** or worsen symptoms, and new solutions are long overdue



*"This therapy is the sole reason that my son has a father instead of a folded flag."*

– Jonathan Lubecky, Iraqi War veteran, MDMA-assisted therapy recipient

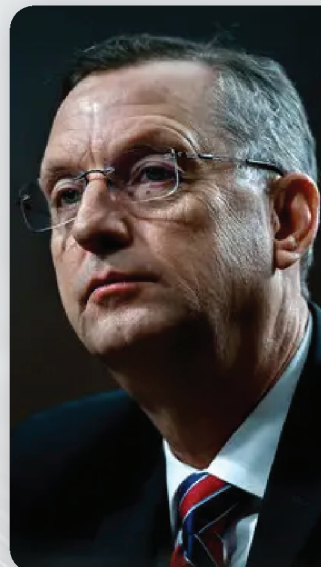
Challenge	Psychedelic Impact
Untreated PTSD	88% saw symptom relief with MDMA-assisted therapy <sup>17</sup>
Delay or ineffective care	Relief in as little as 1-3 sessions <sup>18</sup>
Risk of medication overload	Non-daily, supervised protocols reduce polypharmacy <sup>19</sup>

## Timing is Critical

There's been **no major PTSD treatment innovation in 35 years** – and failure to close this gap means continued suffering and rising suicide rates.<sup>20</sup>

**Over 500,000 veterans** are currently treated by the VA, often with complex drug regimens and limited success.<sup>21</sup>

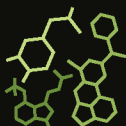
Psychedelic treatments show promise in enhancing VA care—and the difference between **rollout in 2-3 years vs. 5-10** could cost thousands of lives.



*"We are coordinating with HHS and the FDA to make clinical trials more available to veterans. This is about safety, science, and providing options when all else has failed."*

– Doug Collins, VA Secretary

Association for Prescription Psychedelics



### Who We Are

The Association for Prescription Psychedelics (APP) is the national voice advocating for FDA-approved prescription psychedelic medicines. We advocate for the safe, effective, and covered use of psychedelic compounds to treat serious mental health conditions like PTSD, TRD, Generalized Anxiety Disorder (GAD), Major Depressive Disorder (MDD), and substance use disorder (SUDs).

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<sup>1</sup>NAMI <sup>2</sup>APP <sup>3</sup>CDC <sup>4</sup>AFSP <sup>5</sup>NIH <sup>6</sup>PT/YALE <sup>8,9</sup>JAMA <sup>10</sup>PRNEWswire <sup>11</sup>HELUS <sup>12</sup>MAPS <sup>13</sup>JAMA <sup>14,15</sup>NEJM <sup>16</sup>VA <sup>17-19</sup>MAPS <sup>20,21</sup>VA