

Hello,

I am emailing concerning the ideas surrounding the Middlesex replacement facility.

As someone with lived experience of psychiatric carceral treatment— this is not the answer. I have been dealing with PTSD for numerous years following my stay at a psychiatric facility located in Vermont. The traumatic things that happened during my psychiatric treatment(s) were so bad that if I had one wish it would be to go back in time and never have sought help. I cannot stop reliving those experiences over and over and over.

We need more community-based and peer-based support systems. It is only with the help of my community, and people with shared lived experiences, that I have been able to start the path towards healing. Please put funding into those systems and keep mentally disabled people in their communities surrounded by their supports and loved ones. We matter. We have a voice and we deserve to be heard. Please listen.

Thank you for taking the time to read this email.

Sincerely,
Helena N. Bigelow

P.S. If you have any more questions or would like testimony against increased funding for psychiatric facilities, increased support for psychiatric facilities, and new psychiatric facilities please reach out to me at this email.