



THERESA M RAVENHAWK

To Whom it May Concern;

I am advocating for "Medicare for All Now" because even though I have coverage myself under Medicaid from SSI benefits, I wouldn't have the care I need if I had not developed the mental illness that qualified me for "disabled status" which is not the one that causes me the most problems and needed treatment most urgently.

I have CPTSD. "The Social Security Administration (SSA) considers PTSD a disability in some cases. If PTSD meets certain criteria in the SSA's Blue Book, a person may be able to file a claim for disability benefits." However, if you cannot "prove" that your trauma (rape and childhood sexual assault) happened, you cannot prove that you have PTSD, can you? Mine is debilitating enough that, even with medication, I will never be able to work a "9-5" job ever again. I may need counseling for the foreseeable future, etc. If my counseling is beyond my financial reach, how am I going to cope with the anger/displaced anger that comes with PTSD that makes so many of us who have it want to be destructive in society?

I also have dysthymia -- a version of depression that never quite lifts. Without treatment options available to me it is very likely I would've successfully committed suicide awhile back.

Mayo Clinic charges a person without insurance about \$415 per therapy session. They made sure to give me financial breakdown sheets every time they had me sign my releases

The illness that qualifies me for disabled status is a serious psychosis. Albeit well treated, they say it is a "thought disorder." I prefer to call it a chemical imbalance since it is caused by dopamine being out of whack, just like dysthymia is caused by serotonin being out of whack. It is a curse, but it is also a blessing, because it has allowed me to find treatment that there is no way I would otherwise be able to afford.

Another reason I would advocate for everyone being able to afford care is because I was hit in the back of the head with a thrown milk crate back in the 90s. I had a small but deep cut on my scalp. I had to get 3-4 stitches. I had no insurance. Back in the 1990s they sent me a bill for \$500 for that. \$500. Pardon me, but WTF? It took them 5, maybe 7 minutes to stitch it up....?

Depression is very common now days. So is PTSD, as trauma is common, and war has been nonstop for decades. Mental health treatment for most everyone is URGENT in society. URGENT. It needs to be available NOW. And also, everyone on the asexual spectrum should be able to identify themselves as easily as anybody else in the LGBTQIA+ movement at Mayo Clinic, but Mayo doesn't think we exist.... And to get proper therapy, we need to be able to identify ourselves for who we are.

Sincerely,

Theresa M RavenHawk