

End-of-Life Therapy: Psychedelics

The depression, fear and anxiety that come with dying are often unmatched at any other point in a patient's life. While some find peace, too many suffer for lack of effective care.



Currently, these end-of-life symptoms are treated with opiates, antidepressants, and, sometimes, in extreme cases, palliative sedation. Palliative sedation is essentially putting a person into an induced coma through their death, which robs families of precious time they could have had with their loved one and patients of any kind of quality of life they should have been able to enjoy before the end.

—Slate (“How Psychedelics Can Transform End-of-Life Care”)



What happens after I die?

When will it happen?
Will it hurt?
Will my loved ones be OK?

The Solution May Lie With Psilocybin

The solution, currently legalized for therapeutic use in only two states—Oregon and Colorado—may lie with psychedelics, specifically in the form of psilocybin.

■ There's evidence to suggest that humans have been using psilocybin for thousands of years, long before recorded history. [Read more](#)



Across many clinical studies, a medically supervised treatment of psilocybin in terminally ill patients has been shown to produce rapid, robust, and enduring improvements in anxiety, depression and psychological distress.

■ In clinical trials, terminally ill cancer patients who received psilocybin treatments showed



Psilocybin is a naturally occurring psychedelic compound found in over 200 species of fungi.

dramatic decreases in depression and anxiety, along with increases in quality of life, life meaning, and optimism, along with decreases in death anxiety.

■ At a six-month follow-up, these changes were SUSTAINED!

[Read more](#)

■ There is no pharmaceutical that comes close to this.



The **data to date** show that psilocybin in a controlled therapeutic environment can do more to improve the quality of life in dying patients than almost any other treatment in use today.

What You Can Do

■ Including psychedelic treatments in stories about dying characters could go a long way to upending that stigma.

■ Showing the experience of being on psychedelics is a time-honored cinematic and comedic tradition, but it's even more valuable to show the positive change in attitude and outlook that comes in the days, weeks, and months after said experience.

■ If writers can come to terms with the idea that dying does not need to be traumatic, maybe, eventually, audiences will, too.

