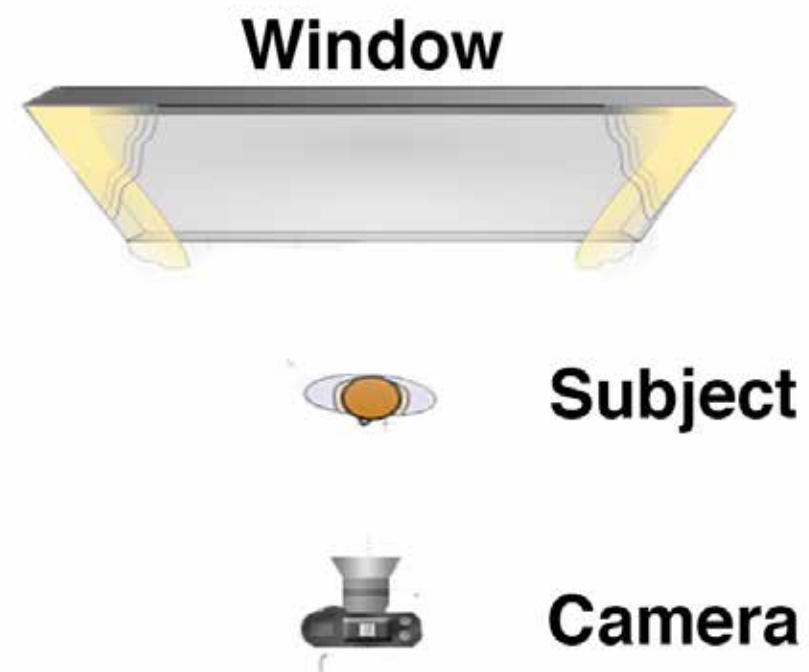


Video Testimonial

1. Read [Video Submission Agreement](#). By submitting your video, you are agreeing to these guidelines. We want you to feel safe sharing your stories with us and the world! Please remember that the video you submit will be shared publicly by Empathic Health. If you ever become uncomfortable with this, please email us as team@empathichealth.community

2. Complete [Video Testimonial Questionnaire](#). This helps us make your story more relatable to people viewing your video so we can impact the most people.

3. You're ready to share your story!



Avoid this lighting



Example Video Setup
(We'll let this logo slide because it's so cute)

Prompt

- A) If you have experienced psychedelics...
How have psychedelics changed your life? Walk us through your journey.
- B) If you have not experienced psychedelics...
Why are you interested in exploring if psychedelic-assisted therapy can help you?
What's keeping you from the medicine?

Duration

Please keep your video under 3 minutes, 33 seconds.

Checklist for Filming

Clothing

Please avoid wearing clothing with any logos. Plain colors are ideal

Environment

Avoid backlit situations

Film in a place with minimal background noise

Format

If filming on your phone, please:

Film horizontally

Prop the phone on a solid and level surface

Make sure nothing is blocking the microphone

Be about 2 1/2 feet from the phone

Do a 3-second test video to confirm clear audio and visual

If filming on your computer, please:

Be about 2 1/2 feet from the computer

Do a 3-second test video to confirm clear audio and visual

After Filming

No need to edit! We'll take care of that. Go to wetransfer.com and send the video file to Adam: adam@adamprieto.com

Thank you for participating, and have fun with this! You never know who's life you might change today.