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uNHIDDEN calls for the Government to start providing proper care for people who have sightings of Unidentified Anomalous Phenomena (UAPs) and Exceptional Experiences.

uNHIDDEN has today published its White Paper on 'The Impact of Exceptional Experiences and disclosure on mental health and wellbeing.' At its heart is the simple proposition that the UK Government should publicly acknowledge that UAP sightings and other forms of Exceptional Experiences are real, and that the people who are affected need better care and support.

The U.S. Government acknowledged that UAPs are "real physical objects" in its 2021 Preliminary Report by the Office of the Director of National Security. However, the UK Government continues to resist calls to follow suit, responding to enquiries about UAPs with a tangential response about there being "no military threat".

The uNHIDDEN White Paper makes clear that people who have Exceptional Experiences have the 'double whammy' of, first, having an unusual experience that may be frightening, and then, secondly, being disbelieved and stigmatised by their friends, family and potentially their own doctor. Guidance for health and social care professionals is needed to make it easier for them to consult patients presenting with Exceptional Experiences in a non-judgmental and evidence-based manner.

The White Paper also makes the case for Government providing credible information to the public on the UAP topic, and the importance of developing a single, joined-up plan for UAP disclosure in a way that builds trust.

uNHIDDEN Chairman, John Priestland said:

"We have come a huge way in terms of mental health in the UK in recent years. People's 'lived experience' is now respected and believed in a way it was not twenty years ago. Except, that is, for people who report seeing exceptional things that they cannot explain, where the stigma and sometimes the ridicule remains."

Member of the uNHIDDEN Medical Advisory Board and clinical psychologist, Dr Daniel Stubbings, said:

"A change of policy and a recognition of the reality of UAPs would provide legitimacy to people trying to seek help, and make it far easier for the medical profession to

provide care and treatment. It would also help move the conversation forward if the UK Government recognised the possibility that not all Exceptional Experiences can be explained by prosaic psychological and/or environmental factors; this is part of moving toward a more non-judgmental approach.”

uNHIDDEN Ambassador, Rear Admiral (U.S. Navy Retired) and Oceanographer, Tim Gallaudet said:

“The U.S. Congress has acknowledged the new reality of UAPs, so we need to address the mental health challenges of witnesses which are fuelled by the decades-long misplaced stigma tied to them. uNHIDDEN’s compassionate approach to people who have had Exceptional Experiences is aligned with my own values around ethic of service. I wholeheartedly support what they are doing.”

Notes to Editors

uNHIDDEN is a mental health and wellbeing charity based in London. It was established in summer 2023 to campaign for better support for people who have Exceptional Experiences and to encourage a better, kinder disclosure process.

A definition of an ‘Exceptional Experience’ was crafted by Professor Thomas Rabeyron of the University of Lorraine in 2010 to be:

“a rare, spontaneous or provoked experience, involving from the subject's point of view a non-ordinary interaction with his or her environment. It often generates intense emotions, both positive and negative, stemming from its unusual and strange nature.”

Such an experience may be real, imagined or some combination; but the anxiety and distress is all too real, and what has happened is part of the individual’s ‘lived experience.’ These individuals need care, support and, in some cases, treatment.

Timothy Gallaudet is an American oceanographer and a retired Rear Admiral in the United States Navy. He worked for the U.S. Department of Commerce as the Acting Under Secretary of Commerce for Oceans and Atmosphere and Acting Administrator of the National Oceanic and Atmospheric Administration (NOAA). He is currently CEO of Ocean STL Consulting, LLC. In addition to being an Ambassador for uNHIDDEN, he is also on the advisory board of Americans for Safe Aerospace and is a research affiliate with Avi Loeb's Galileo Project that searches for evidence of extraterrestrial technological artifacts.

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