FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

<b>STATEMENT</b>	OF CHANGES	IN BENEFICIAL	<b>OWNERSHIP</b>

OMB APPROVAL							
OMB Number:	3235-0287						
Estimated average burden							
hours per reenence:	0.5						

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person*     Litton Mark James				2. Issuer Name and Ticker or Trading Symbol Athira Pharma, Inc. [ ATHA ]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  X Director 10% Owner  Officer (give title Other (specify)							
(Last) (First) (Middle) C/O ATHIRA PHARMA, INC. 18706 NORTH CREEK PARKWAY, SUITE 104				3. Date of Earliest Transaction (Month/Day/Year) 01/27/2023								X Officer (give title Other (specify below)  Chief Executive Officer							
(Street)	LL W	VA	98011		4.	4. If Amendment, Date of				al File	d (Month/Da	ay/Year)		Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     Form filed by More than One Reporting					
(City)	(S	tate)	(Zip)											Person					
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
, (		2. Transaction Date (Month/Day/Year)		ar) E	2A. Deemed Execution Date, if any (Month/Day/Year)		Transaction Dispose Code (Instr.			ies Acquired (A) or Of (D) (Instr. 3, 4 and 5)		Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)			
							Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)				instr. 4)			
Common Stock <sup>(1)</sup>		11/18	3/2022	(2)			A	V	662	A	\$2.74	129,2	129,217		D				
Common	Stock													6,56	3	]	[ ]	By Irrevocable Trust of OSL <sup>(4)</sup>	
Common Stock												6,56	6,563		[ ]	By Irrevocable Trust of SWL <sup>(5)</sup>			
Common Stock												6,56	6,563		[ ]	By Irrevocable Trust of WGL <sup>(6)</sup>			
			Table II								oosed of, converti		-	Owned					
1. Title of Derivative Conversion Security (Instr. 3)  2. Conversion Date (Month/Day/Year)  Or Exercise Price of Derivative Security  3. Transaction Date Execution Date if any (Month/Day/Year)		ed Date,	4. Transa Code ( 8)	ction	5. Number of Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	derivat Securit Benefic Owned Follow Report	D. Number of derivative Securities Beneficially Dwned Following Reported Transaction(s)	10. Ownersh Form: Direct (D or Indirec (I) (Instr.	Beneficial Ownership (Instr. 4)				
					Code	v	(A)	(D)	Date Exercisa	able	Expiration Date	Title	Amount or Number of Shares	t (Instr. 4)					
Stock Option (Right to Buy)	\$4.11	01/27/2023			A		425,000		(7)		01/26/2033	Common Stock	425,00	\$0.00	425	5,000	D		

- 1. The reporting person is voluntarily reporting the acquisition of shares of the issuer's common stock pursuant to the Athira Pharma, Inc. 2020 Employee Stock Purchase Plan ("ESPP"), for the ESPP Purchase Period (as defined in the ESPP) of May 18, 2022 through November 18, 2022. This transaction is also exempt under Rule 16b-3(c).
- 2. The Purchase Period ended November 18, 2022 and is the sole Purchase Period in the Offering Period (as defined in the ESPP) that began May 18, 2022
- 3. In accordance with the ESPP, these shares were purchased based on 85% of the closing price on November 18, 2022.
- 4. Reflects Common Stock held by Irrevocable Trust of OSL held for the benefit of Dr. Litton's children.
- 5. Reflects Common Stock held by Irrevocable Trust of SWL held for the benefit of Dr. Litton's children.
- 6. Reflects Common Stock held by Irrevocable Trust of WGL held for the benefit of Dr. Litton's children.
- 7. One thirty-sixth (1/36th) of the shares subject to the option will vest on February 27, 2023 and one thirty-sixth of the shares subject to the option will vest each month thereafter.

## Remarks:

/s/ Glenna Mileson, Attorneyin-Fact on behalf of Mark

01/31/2023

Litton

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- $^{\star}$  If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.