

## Submission For Select Committee into Cannabis and Hemp

My name is . I use Cannabis for both medicinal and recreational purposes. I define it as partially recreational for the love I have for the way Cannabis makes me feel, and the fact that I chase a high when I use it. You can deem this an addicts behaviour or consider for a moment that my reality is not as happy a place as I desire to live, so I seek to change my reality by Cannabis use. I would argue therefore that even my (an others) recreational use is effective medical, as we are promoting homeostasis with our Cannabis use and seeking a reality we are happy to live with.

Stress relief is a high priority amongst most people, some like to have a whisky or two, so like to consume Cannabis. I think that it is logical that consuming something that instills a mild euphoria rather than something that is a known depressant is a preferable option. Cannabis has (a dubious because it is not physical) an addiction rate of 9% and alcohol (most physically addicting) has an addiction rate of 12%. Cannabis is considered by most scientists as non-addictive because it is emotionally addictive only, not physically addictive. I consider the addiction I have for Cannabis, when it is unavailable, as the missing of an element of love and warmth, but it is not necessary to function. Going without Cannabis is like foregoing hugs. Alcoholics who suffer withdrawal suffer from the shakes and other physical ailment, and that is not the case with Cannabis.

To date there have been zero deaths attributed to Cannabis use, and thousands every year to alcohol. How can one have such a hypocritical view to ban Cannabis whilst allowing alcohol and tobacco to be sold. Cannabis is statistically safer than salt, and it's prohibition is borderline criminal when you consider public policy is supposed to reduce harm, and here we have a situation when the least harm is banned for other substances more dangerous. Cannabis legalisation has been found to be conducive to less harder drug use, less driving offences involving alcohol, and more clearance of violent crimes by police.

I personally started using Cannabis over 25 years ago. I initially used it for a better nights sleep whilst performing a job where I was never left alone. I had a psychotic episode in 2005, which I believed to be caused by spiked (PCP) Cannabis. I entered the mental health system and gave up Cannabis as a potential cause. My mood deteriorated rapidly and I started using Cannabis about a year later to mitigate the depressive symptoms I was experiencing. I kept my psychiatrist apprised of my Cannabis use, and a couple of years later he said if he could he would prescribe it for me to use for my mental health. He is a senior psychiatrist that now runs a large section of WA psychiatry.

Cannabis prohibition makes exactly NO SENSE if you examine it scientifically and without 80 years of prohibitionistic lies. The medicinal scheme should be extended to include SO MANY other conditions that it currently forsakes, and Cannabis should be regulated like beer. Legalisation is just a sensible decision away, and now is the time.