

I have serious anxiety issues and have been through the public and private health systems multiple times trying to find ways to help me deal with my anxiety, which, at times, is borderline debilitating. After trying multiple SSRIs/ SNRIs that have not provided enough relief from my symptoms I took it upon myself to experiment with cannabis to help primarily with my insomnia, panic disorder and anxiety and it has been an incredible resource to help me deal with the constant racing thoughts and fear, in my experience it has the potential to completely ground me into the present and prevent me from constantly fearing of the future. It helps me sleep when other medications have failed and it has even stopped panic attacks in some instances.

I live quite remote with only a small pharmacy and limited medical and mental health services, most appointments have to be via Telehealth/ Skype which is nowhere near as effective as face to face meetings.

It's my belief that cannabis could be an incredible resource for rural communities for people that have mental health issues such as myself, it has so many possible uses and applications, and it may not be for everyone, but I would sure beat the \$500+ a month I have to spend on medication and therapy just to manage my anxiety.

On a separate note, I've seen first hand how destructive alcohol can be in small rural towns and it's incredibly distressing to see the violence it causes and the rifts that form in these small communities, and in my relative short life, I have never met a regular cannabis user that exhibits those qualities of violence and hot headedness.

I would like to that the committee for their time and consideration.