

Inquiry into the use of Cannabis in Victoria

Darren Darren Notley

Organisation Name:
Your position or role:

SURVEY QUESTIONS

Drag the statements below to reorder them. In order of priority, please rank the themes you believe are most important for this Inquiry into the use of Cannabis in Victoria to consider::

Accessing and using cannabis, Mental health, Education, Public health, Social impacts, Young people and children, Public safety, Criminal activity

What best describes your interest in our Inquiry? (select all that apply) :

Individual

Are there any additional themes we should consider?

Select all that apply. Do you think there should be restrictions on the use of cannabis? :

Personal use of cannabis should be legal. ,Sale of cannabis should be legal and regulated. ,Cultivation of cannabis for personal use should be legal.

YOUR SUBMISSION

Submission:

My use of cannabis has been very low, and of more recent to assist with my mental health and anxiety disorders particular with COVID-19. In addition to professional mental health support via a psychologist, I have found the use of cannabis within a healthy and tolerable routine has greatly improved my anxiety, panic attacks, moods and overall mental health without the need for other chemical treatment such as antidepressants. I treat my use of cannabis no differently than alcohol, in that I consume it in a safe and controlled way in the privacy and comfort of my home without publicising that I use it. However, I find it carries no addiction or desires like alcohol, and has more overall positive health benefits in comparison to alcohol on both my physical and body, as well as mental health. It has helped to improve my sleep, as well as concentration, focus and motivation at work (taking into account I hold a senior position for a corporate company). For me, I've never smoked, never taken any other drugs, and come from a healthy, positive and everyday family and upbringing. Despite that, I've spent over 10 years on and off antidepressant medication to assist with mental health, with often varied degrees of success and many side effects. My reluctance to remain on antidepressants is because I've found it blurs my mind and concentration, it makes me feel numb, reduces my intelligence and otherwise makes me feel boring and flat without feeling neither sad nor happy. In comparison, taking cannabis in a controlled and mild way, has had much more of a positive difference in combating my mental health without any of those negative side effects, helping with sleep, anxiety and overall mood. Whilst at the back of my mind I know cannabis is "illegal", I strongly believe that alcohol and many prescription medications carry far more risk and side effects on both health and social impacts than cannabis does. I'm happy 6 months free from antidepressants and won't be looking back.

Do you have any additional comments or suggestions?:

FILE ATTACHMENTS

File1:

File2:

File3:

Signature:

Darren Notley