

## Public Comments Received about Depression on the ADHS Website for the July 2013 Petitions

Many epilepsy medications like lamictal and depakote are used to treat depression and depression in bipolar disorder. Since marijuana has been proven to relieve symptoms of epilepsy, then marijuana has potential to treat depression.

As someone that has survived rape and suffers from depression as well as PTSD medical marijuana is just as effective if not more so at controlling symptoms of depression than SSRIs and SSNRIs without the harmful side effects. Empower people and patients and add depression as a debilitating medical condition for medical marijuana.

Frank Lucido, MD, a private practice physician, stated in his article "Implementation of the Compassionate Use Act in a Family Medical Practice: Seven Years Clinical Experience," available on his website (accessed June 11, 2012): "With appropriate use of medical cannabis, many of these [cannabis-using] patients have been able to reduce or eliminate the use of opiates and other pain pills, ritalin, tranquilizers, sleeping pills, anti-depressants and other psychiatric medicines, as well as to substitute the use of medical cannabis as a harm reduction measure for specific problematic or abused substances with a much more serious risk profile (including alcohol, heroin/opiates, and cocaine)."

Studies show it is a powerful anti-depressant <http://www.sciencedaily.com/releases/2007/10/071023183937.htm>

I'm a 26 year old man who has suffered with depression for about 20 years and I've been institutionalized and my body is covered in scars from daily self-mutilation throughout most of my teenage life. I've had countless suicide attempts and been on several different types of medication. I also have a sleeping disorder problem where I have insomnia and am unable to regulate my sleeping cycle. I'm often forced to go to work or college operating without any sleep at all and am pretty much rendered a lifeless zombie because of it. I'm also constantly paranoid of everything around me and I'm constantly upset about it. I also am an anorexic and often go days without eating. I also do not tolerate medications very well at all. One medication I took for my depression made me psychotically violent. Sleeping medications are also ineffective on me, and have the side effect of making me lose complete control of my equilibrium and I can't even stand up and I fall over constantly. I can't take any pain medications derived from opium/oxycontin either. I will completely hallucinate and become nauseated so much that I have to curl into a little ball and not move for an hour with Percocet which is the lowest grade form of oxycodone, which is normally given to people for toothaches. So I refuse any medical help because it just makes my life worse. All these things combine on top of my depression and make it sometimes unbearable, which is when I've tried to kill myself. I spend pretty much every moment everyday thinking about killing myself. But when I smoke Marijuana, I don't hurt as much inside and I have hope and I feel like I can live. There's a sort of warm and a happiness that washes over me and it gives me strength to continue living and that I can get through the hell that is my life. I can focus and I can work and be a functional member of society and I'm not paranoid that people are going to kill me and I don't spend hours on end crying and slicing up my body to release endorphins so I can feel calm and peaceful. Its a medicine I can control and only take it when I need it and it will only inhibit me for a short while. I can take it and I dont have to worry about throwing up uncontrollably from nausea. I also can't use it to kill myself, where if you gave me a 90 day supply of pain meds or sleeping pills, I assure you I would take them all at once when I have a bad day. So the way it is right now, I end up sitting here taunted knowing there's a perfection solution that solves all my other problems that contribute to my depression and my depression itself and lets me have a happy life like a normal person and the only way I can get it, is if I sneak around terrified as a person with already massive paranoia having to interact with drug dealers and see fully automatic weapons and be around actual drugs like meth. That way I can buy from someone who could be growing their marijuana with agent orange or lacing it with lsd or something just because they want more customers or they think its funny and dont care if I freak out or die. Then the marijuana I get has potency at random, so I have no idea how to consistently dose it, which sometimes results in me using too much and I become very paranoid and sometimes hallucinate and I do not enjoy when that happens. Even when I do this, I have to decide whether risking my life, career, health, and property are worth having relief from my depression and the sad thing is I often will choose relief. Depression ruins my life to such an extent that Id throw away my life and risk being killed just so I could enjoy a week's worth of being

able to function as a normal human being and not spend every waking moment praying for death. Even if this doesn't pass, as soon as I finish college, I will move to a place where I can get safe medication that works for me. Many medical journals would agree with the safety of this medication and if it works for me when nothing else will, that's what I need to do.
I have suffered from depression and anxiety most of my life. I know this has helped many people and I believe it could help me.
Because it works, and doesn't come with a list of risks including sexual dysfunction or even worse, suicide. if medical marijuana helps relieve anything, it is depression!
My husband of 44 years is rated 100% disabled for PTSD which can be accompanied by serious bouts of depression. The VA prescribed drugs sometimes increased my husband's depression whereas marijuana always relieves his depression.
I've been suffering from depression for the last 10 years. I've tried all sorts of medications(prozac, zoloft, etc), but nothing worked save for marijuana. I found that it cured my depression, and motivated me to get out and live a life instead of moping around.
Although Depression patients have pills to take, not everyone wants to take them. I believe marijuana would be the safer, "healthier" alternative. We all know the health benefits of marijuana. Anti-depressants? Not so much if taken for a long period of time. I know these effects of taking long term anti-depressants .
A lot of people suffer from the debilitating effects of depression. I, myself, am a sufferer of depression and I know it's ugly wrath. And I feel that for a lot of people, the adverse effects of pharmaceutical drugs such as Lexapro and other anti-depressants are not worth it in the end. Marijuana has been proven to help those in depression feel better, without the adverse side effects of many anti-depressants. Those suffering from depression need to have the option for medicinal marijuana.
It makes me a happier and more outgoing person
Cannabis has been shown to help with the treatment of depression
I have been diagnosed with clinical depression many years ago. I have used marijuana for relief from my depression with great success. I have tried other anti-depressant medications, but they have not provided significant relief, and they have provided unwanted side effects. Marijuana is a natural remedy, with negligible side effects, and very effective results. I believe that persons who are suffering from a medical condition should have available to them any medication that works, and for which the benefits outweigh the risks. Marijuana is such a medication. Please legalize this medication, so that I can continue receiving the health benefits of this, without being forced to continue to be a criminal, due to my medical needs.
Cannabis has medicinal properties for depression
it offers the mindful person who wants to be well the opportunity to use
I work in the Behavioral Health Field and I know of patients who have their medical marijuana card for one of the other qualifying diagnosis. Since they started smoking they no longer suffer from the severe depression that completely handicapped their lives. I would rather have these people use medical marijuana, than self medicate with Alcohol or other drugs. By the way does anyone know that the current SSRI's prescribed are being prescribed to Pt's based on a "theory" called the "serotonin theory".
It impairs my daily function ability.
Because it helps people and is a better alternative than prescription drugs that causes many deaths and addictions
In a state of severe depression, the ability to even understand what well-being feels like is virtually impossible. The feeling of well-being is controlled by the brain, though anti-depressants often require weeks of taking regularly to adjust the brain and become effective. Marijuana provides an immediate sensation of well-being, allowing one to "break free" from the often debilitating effects of a severe depressive episode. Also, as the effects of anti-depressants are not fully understood, their side-effects (especially in terms of withdrawal) can range from moderate to severe, causing more harm than good. As far as we know, there are no known side effects of Marijuana consumption that mimic the side-effects of prescription anti-depressants.
Medical cannabis eases the nausea from the medication I take for my depression. I have replaced Valium with

cannabis as well. When you have depression a lot of side effects come with it. Stress and inner tension are two examples. Cannabis helps me naturally with both of these.
I believe Depression can be debilitating and medical marijuana can help relieve depression
Anyone that has ever suffered from depression would know just how debilitating they can be. Depression usually means hiding yourself away in your room with the lights off and removing yourself from your family's activities or other obligations. For those that struggle regularly, it becomes a way of life. Depression can also manifest in physical pain as well as emotional pain. Marijuana would help give the sufferer, a change in perception by affecting the substance anandamide which causes a soothing experience when reacting with THC, as well, as stimulating the hippocampus and countering depression. Marijuana helps with depression and therefore should be added to the list of approved illnesses.
I am not a doctor. All I know is that it helps from the day in and day out down and sad ceilings depression feels like.
I have suffered from depression since my son died 12 years ago. I have been prescribed a number of different anti depressant medications in the last decade. Since I became a medical marijuana patient over 2 years ago for severe back pain I have been able to function without being prescribed an anti depressant. I also suffer from PTSD due to the tragic death of my son. Since becoming a medical marijuana patient I have also seen a significant decrease in my panic attacks due to my PTSD as well. Please consider this more natural choice for patients such as myself that know it truly helps with depression. Thank you
I received my card for chronic pain, but I also have depression. And while the AMA drugs I use help me tremendously, I have to say that marijuana is so helpful that being able to use and obtain it legally has helped lessen my depression. It's a very light mood enhancer and lifter and takes some of the mental confusion of the day and relieves it. Liquor is terrible to mix with psychiatric drugs and drinking to relax when you use them is a bad idea. But many of us do it. Please allow those with depression to get help and have choice. Thank you
I have seen many depressed people turn to alcohol and pills. Those will kill you. Read the warning on all of your Rx's. They are far more dangerous than cannabis. This is such an easy one. Why not let depressed people lift their mood?
Depression in my opinion is a more serious disease than people think. Depression often has ultiple smaller symptoms associated with it, like insomnia and the medicines given for depression have side effects that can just add to the illness. Marijuana is much less dangerous and addictive than many of the opiates currently. prescribed to help depression and I feel it would be very beneficial.
it gives you a little lift whe you are high and strong pills do make it worse
because it suppresses the negative feeling of depression and changes the mental mood into a relaxed state where life is joy- able again and it gives you a smile that you would not have before.
Medical Marijuana is a great, safe, and very effective treatment for depression, with little to no side effects.
Marijuana brightens the day of the user and can be used to increase appetite loss due to depression as well as help with certain cases linked with anxiety by calming the nerves.
Marijuana helps with the stress of being depressed.
In California I was able to get my MMJ card for depression. I was able to contribute to society and live a fuller life. Here in Arizona, I have multiple prescriptions for depression including powerful Benzopines like Xanax, these make me feel like a numb zombie. If I am caught in Arizona with a crumb of marijuana I would be charged as a felon. Cannabis is a non-toxic flower that grows in the ground, it seems un-American to deny citizens the right to cultivate and use a flower.
A few years back, I was on the verge of suicide after a particularly nasty bit of depression. I had my noose, and my plans all drawn out. That evening, I opened up to a friend who then shared with me a bit of his marijuana. The effects were immediate, it was like night and day. It was able to clear my mind, allowing me to focus on improving my life situation. Medical Marijuana as an anti-depressent really works, and it can save lives. The very fact that I'm still alive today has proven it. There has been real scientific research to back this, here's an article. <a href="http://www.sciencedaily.com/releases/2007/10/071023183937.htm">http://www.sciencedaily.com/releases/2007/10/071023183937.htm</a>
Marijuana is much safer than prescription drugs. From personal experience prescription medications have very

dangerous side effects such as suicidal tendencies, and do not cover all aspects of ones depression even when combined with cognitive behavioral therapy. Anti depressants in themselves tend to be too weak for those with severe chronic depression, such as myself, and stronger prescription drugs such as benzodiazepines are at extremely high risk of addiction, and withdrawal from those drugs can be deadly. Marijuana is a safe alternative for chronic depression patients, and at the very least deserves research, and/or a trial run. Certain indica based marijuana strains are very good with treating depression whilst not increasing anxiety or stress. These patients should be monitored for progress and dosage should be recommended with certain levels of depression.

I was diagnosed with depression when i was 19, suffered my entire life but felt i couldn't tell anyone. when my depression reached its peaks as i got older, the only way i was able to escape was marijuana, I knew it was illegal, I knew it wasn't the responsible thing to do, but with the two options of drinking or smoking pot, I thought smoking pot would be a lot less disasterous towards my body, relationships, and work. medical marijuana should be given for depression and it should be recognized that it does help.

Depression can be very debilitating. Marijuana lifts spirits & enhances moods. Studies have shown declining suicide rates in states where medicinal marijuana is legal. Depression & suicide go hand in hand. Allow medical marijuana to be a treatment option for depression & watch suicide rates fall.

I believe depression should be included as a debilitating medical condition for medical marijuana use for the following reasons:

Numerous findings through peer-reviewed research indicate marijuana is beneficial for those who suffer from depression. PubMed IDs: 20002102 20332000 19839836 21916860 And many many more. Additionally, the use of anti-depressants can exacerbate the symptoms of depression, cause serotonin syndrome, stress the liver, and can be extremely costly to insurance companies and patients if there are no generics or no coverage by insurance. Marijuana has no known lethal dose and does not cause toxic serotonin levels through too high dosages. Please consider marijuana as a valid treatment avenue for depression. Thank you.

Plain and simple, depression is debilitating. Medical Marijuana may be the one and only medicine that will help alleviate or maybe cure depression without the side effects of all the pharmacy drugs. Currently, You're damned if you do and damned if you don't when it comes to anti-depressant pharmaceuticals because the side effects are so negative yet many can't function without them. Some of the most common, negative, side effects from SSRI's are decreased or total lack of sex drive and suicidal thoughts. Marijuana causes neither of those; it actually has the opposite effects.

I have self medicated for my depression and it is working.

Along with PTSD and being disabled, I also suffer from Depression as well! I refuse to take anti-depressant medication as I have had adverse effects from taking different types of medicine. I feel that Medical Marijuana will help ease the mood swings I get as well..