

**Submission
No 175**

**INQUIRY INTO IMPACT OF THE REGULATORY
FRAMEWORK FOR CANNABIS IN NEW SOUTH WALES**

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I am a 36 year old woman in recovery from meth use. My gateway to drug use was trauma. Not marijuana. For many years I have heard people say marijuana is the gateway drug. This is not the case. It is usually just the easiest to obtain for a young person dealing with their mental health and trauma. This was the case for myself. I had undiagnosed bipolar disorder. To cope with my anxiety, depression and manic episodes I found marijuana to be the only thing to calm me down. During this recovery I haven't touched any drugs and I do struggle. Meds have either made me extremely depressed or over weight and have tried several different medications until finally weaning off them 4 years ago and using therapy tools to cope instead. I did apply for medical marijuana as I know it helps with my anxiety and depression but was declined due to psychosis and manic episodes.