**Medical Cannabis, Depression and Self-Identity: A Journey Home**

**Creative Writing & Social Action**

By Berenice Melchor

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**Project Summary**

- Anthology Abandoned Tree- Poem
- Blade- Prose Poem
- A Way Out- Short Story
- Let Me Take A Hit- Prose Poem
- Finally- Poem

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**Creative Project Overview**

- Managing Depression
- Benefits
- Metaphorical Home
- Understanding My Risks
- Personal Development

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"Despite comparable ranges of scores on all depression subscales, those who used once per week or less had less depressed mood, more positive affect, and fewer somatic (physical) complaints than non-users," authors wrote. "Daily users [also] reported less depressed mood and more positive affect than non-users." - NORML

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**Alignment to Theme**

- Representation of Self in Society
- Accepting of Self

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**Sources**