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To: Pharmacy Services <rxinfo@dncfp.nv.gov>

Subject: silver state script board today at 1 pm

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Hello,

I raised my hand but was unable to speak for public comment. Here is my written testimony.

My name is Abbey, I am with the National Alliance on Mental Illness.

At 4 years old I was diagnosed with bipolar disorder. I experienced manic episodes and rapid cycling. I had so much anxiety, sadness, and anger all at once. By middle school, the mania turned to depression. I tried to commit suicide at 10 years old. Years were wasted while, my depression intensified. Doctors fought insurance companies trying to manage my medications but lacked control over what medications were approved due to the power insurance companies have over coverage.

I know the importance of medications. It gave me my life back and a way to manage my mental health.

If doctors were able to choose the medications based on my need, I would not have suffered such trauma for such a long period of time.

I stand with those who are struggling. There can be better days ahead. I support doctors' control over medication.

Thank you,

Abbey Bernhardt