My name is Nina Sivula, and I am a 38-year-old female living in Centerville. I am asking you to oppose physician-assisted suicide. I have been dealing with depression and anxiety with suicidal ideation for most of my life. Do you know what it feels like when suicide feels like the only option? The only thing that kept me here was my faith and the knowledge that it would hurt my family. I have been hospitalized, through outpatient care, and therapy. I have been in a good place for many years, yet it would have taken very little to put me over the edge. Medically assisted suicide is still suicide. It is an act of despair, an act of giving up on life. Those who are going through terminal illness should be shown compassion in the form of palliative care and time with their loved ones. I have lost all four grandparents to various illnesses such as cancer, Parkinson’s, and Alzheimer’s. At the end of their illnesses, they were made comfortable and we spent as much time with them as possible. I cherished each moment with them. You might say it is only for those with terminal illnesses. Still, in every country where physician-assisted suicide is legalized, mental illness is eventually considered as a reason for help in death. On March 17, 2024, in Canada, mental illness alone will be a reason to request physician-assisted suicide through MAID. With the signing of this into law, you are telling me and people like me that suicide is an option to escape the pain we are feeling. People need a reason to live, not to give up. They need to know that they will be missed. Suicide should never be an option. If you pass this bill you are telling those who are struggling that this is a positive option for them, instead of trying to help them through a difficult time in their life. I also find it interesting that it is only in first-world countries that this is even in consideration. In most third-world countries, they are just trying to live and here we are trying to die. Please think about the loved ones in your lives struggling to live and reach out to them.