Marijuana can produce withdrawal symptoms:

- Marijuana can produce withdrawal symptoms, such as:
  - Depressed mood
  - Irritability
  - Aggression
  - Anxiety
  - Sleeping issues
  - Headaches

Do you have a problem with marijuana?

- You may have a problem if you have ever responded to a question about your marijuana use with any of the following rationalizations or something similar:
  - I don’t need it, I just…
  - I can quit anytime, but…
  - Nothing has changed since I started using…

- Do you have concerns about your marijuana use? Take a self-test. www.ncadd.org click on “quiz”

Talk to your doctor or other health care provider if you feel you may have a problem with marijuana.

Websites with Helpful Information

- National Institute on Drug Abuse https://www.drugabuse.gov/publications/drugfacts/marijuana

Substance Use Assessment & Treatment

- Community Health Link Substance Use Treatment Services- Inpatient: 508-860-1200 Outpatient: 508-421-4411
- You Inc Outpatient Substance Use Services for ages 13-24 years- 855-496-8462
- Massachusetts Substance Use Helpline- 800-327-5050 https://helplinema.org

Support Meetings & Recovery App

- Marijuana Anonymous https://www.marijuana-anonymous.org/
  Free internet, telephone, and in-person support to help people recover from marijuana addiction. Free mobile recovery app is available through their website.

Sources: NCADD; NIDA; SAMHSA; WebMD


UMass Psychiatry Wellness Initiative

What We Know About Marijuana

September 2018

Department of Psychiatry
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UMass Memorial Health Care
Marijuana affects your brain:

- Marijuana affects the nerve cells in the part of the brain where memories are formed. This can lead to:
  - Impaired short-term memory.
  - Difficulty with thinking and problem solving.
  - A drop in IQ points (lowering of how smart someone is).

Marijuana affects your self-control:

- Marijuana can seriously affect your sense of time and your coordination, impacting things like driving and playing sports.
- Driving while under the influence of marijuana can lead to legal consequences if you are pulled over or if there is an accident.

Marijuana affects your mental health:

Marijuana use has been linked with

- Depression, anxiety, and personality disturbances.
- Increased risk of experiencing psychotic symptoms like hallucinations or paranoia.
- Loss of motivation.
- Loss of interest in activities that were once enjoyable.

Marijuana affects your physical health:

- Marijuana (inhaled or eaten) affects almost every organ in the body, including your nervous system and immune system.
- Marijuana can also cause additional health problems if you have a condition like liver disease, low blood pressure or diabetes.
- Smoking pot can lead to heart problems, coughing and breathing problems.
- Marijuana smoke contains tar and over 460 active chemicals. The effects of ingesting these chemicals are not well understood. We do know that some of the chemicals are cancer causing substances.

Marijuana is not always what it seems:

- Marijuana can be laced with substances such as PCP or formaldehyde without your knowledge.

Marijuana can impact employment options:

- An employer may ask a current or potential employee to take a drug test. This is to keep the workplace and staff safe. Loss of employment may result if you test positive or refuse to take a drug test, regardless of current marijuana laws.

Marijuana impacts quality of sleep:

- Marijuana affects the REM sleep cycle, which is usually when a person is in a deep sleep.
- Even though the amount of sleep may be longer, it is not quality deep sleep and you may be more tired the next day.

Marijuana leaves you with less money:

- Many users do not realize how much money they spend each week.
- The website below has a cost saving calculator available to determine how much more money you could have each month.
  
http://www.secretaddiction.org/calculator/

Marijuana can be addictive:

- Not everyone who uses marijuana becomes addicted, but some do develop signs of dependence.

  - Increased tolerance, need to intake larger amount for desired effect.
  - Spending a lot of time on activities involving marijuana.
  - Strong cravings or desires.
  - Important events or activities are given up because of marijuana use.
  - Using in hazardous conditions.