

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...



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

Sources: NCADD; NIDA; SAMHSA; WebMD

Photo credits:

<http://nlife.ca/sermons/church/values3/question-marks.jpg>

<https://livingwithhearingloss.com/category/hearing-loss-facts/page/2/>

<http://blog.educastur.es/bloggeing/tag/eoi-info/>

<http://www.clipshrine.com/exclamation-mark-alert-in-a-glossy-and-shiny-circle-17291-cv-a.html>

Websites with Helpful Information

- Medline Plus
<https://medlineplus.gov/marijuana.html>
- National Institute on Drug Abuse
<http://www.drugabuse.gov/drugs-abuse/marijuana>
- Alcohol and Drug Abuse Institute – Marijuana, Reproduction & Pregnancy
<http://adai.uw.edu/marijuana/factsheets/reproduction.htm>

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.

UMass Psychiatry Wellness Initiative

What We Know About Marijuana



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Marijuana affects your brain:

- The brains of teenagers and young adults are more vulnerable to the negative effects of marijuana.
- 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).



Important Information

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.
- Increased risk of developing problematic use of alcohol or other drugs.

These risks may be greater when marijuana is eaten because the effects can be delayed and people may inadvertently use more.

Marijuana affects your physical health:

- Marijuana (inhaled or eaten) affects almost every organ in the body, including your nervous system, digestive 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, chronic coughing and breathing problems. Serious lung damage is possible when vaping marijuana.
- 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.
- With greater marijuana use, some withdrawal symptoms can develop earlier, causing even more problems with insomnia (falling or staying asleep).

Marijuana leaves you with less money:

- Many users do not realize how much money they spend each week.
- Check out the cost saving calculator 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.
- Signs of dependence include:
 - Increased tolerance- need to intake larger amount for desired effect.
 - Desire to reduce or stop use but being unable to.
 - 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 situations, such as driving.

