

Marijuana & Mental Health

>>> Get to Know the Facts



Fact #1 > THC levels have increased significantly since the 70s. THC, the chemical responsible for marijuana's "high" continues to increase which can result in unpredictable psychoactive effects.

Fact #2 > Heavy marijuana use is linked to serious mental health issues such as psychosis and schizophrenia.

Fact #3 > Youth who use marijuana and have a family history of mental health issues may be at greater risk of developing mental health issues.

Cannabis/Marijuana Use Disorder*

> **The continued use of marijuana despite clinically significant distress or impairment.**

Some symptoms may include:

- Strong desire to take the drug.
- Difficulty controlling its use.
- Continued use despite harmful consequences.
- Higher priority given to drug use than to other activities.
- Increased tolerance.
- Physical withdrawal symptoms (e.g., insomnia, dizziness, shaking, etc.).

If you need to talk to someone about your marijuana use, call the Access and Crisis Line **(888) 724-7240** or **2-1-1**

For more information regarding youth marijuana use and local prevention efforts go to: **mpisdcounty.net**

*Diagnostic and Statistical Manual of Mental Disorders, 5th Edition, 2013
Developed by the Center for Community Research 2017

