



If you think marijuana is harmless, think again.

Just Because It's Legal Doesn't Mean It's Safe | Today's marijuana contains up to 10x the amount of THC — the chemical that gets you high. And higher doses of THC are more likely to lead young adults to develop:

- Anxiety
- Depression
- Psychosis

Vaping Weed's Not Better | It's not just vapor. Combine those higher levels of THC with harmful chemicals used to cut cannabis vaporizer fluids, like Phytol, and studies are now showing links to some major long-term damage to your lungs.

- Pneumonia
- Shortness of breath
- Lung scarring
- Chronic coughing

Higher Potency Means More Mental Health Problems | New studies show that young adults under the age of 25 were 3½ times more likely to attempt suicide when they used marijuana regularly.

And the risk of developing psychosis in that same group was 5 times higher. Psychosis is a break from reality that often involves seeing, hearing, and believing things that aren't real. Marijuana-induced psychosis can be triggered by using large amounts of marijuana frequently.

If someone has an underlying or diagnosed mental health disorder and a co-occurring marijuana use disorder, they risk worsening the symptoms of the disorder.

Symptoms of mental illness, particularly schizophrenia, can be worsened with heavy and prolonged cannabis use. Individuals who have a predisposition for schizophrenia who use marijuana are 7 times more likely to have an onset of the mental illness.

**Marijuana may not be the deadliest drug.
But the long-term effects it can have on your brain can still be life-changing.
Learn the facts at MarijuanaHarmlessThinkAgain.org.**

Source: umich.edu, nih.gov

This publication was made possible by SAMSHA grant number 6B08TI083435-01. The views expressed in these materials do not necessarily reflect the official policies or contractual requirements of the Arizona Health Care Cost Containment System (AHCCCS) or the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

