

# DID YOU KNOW?

Marijuana can impair driving! Driving while under the influence of marijuana is dangerous.

## When cutting back or quitting:

- Your doctor or behavioral health provider can help you set up a plan.
- You will need support.
- You may experience withdrawal symptoms.



Something to try:

Community resources:

My provider's name:



IndianaSBIRT.org



Thinking About Making a Change?

# MARIJUANA



# SELECTED EFFECTS OF MARIJUANA

## Examples of Effects

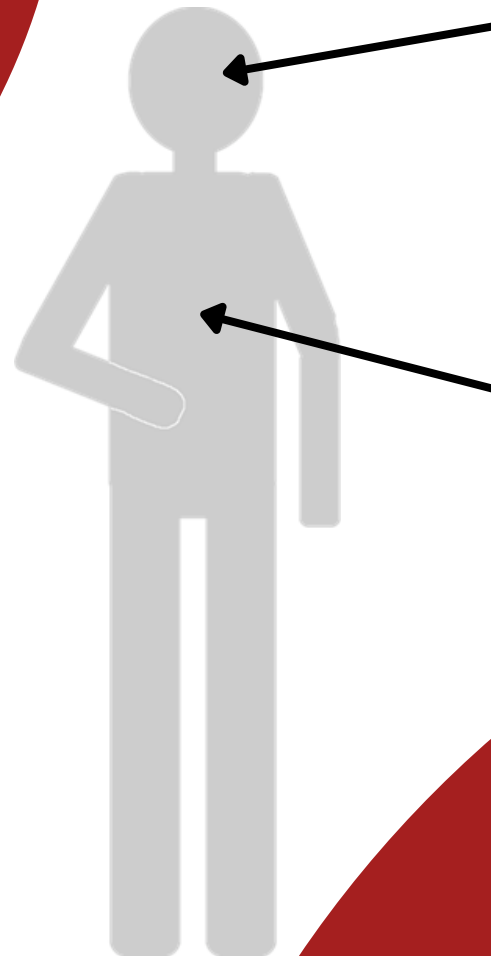
- Changes in how you experience things
- Problems with learning and memory
- Dry mouth
- Elevated heartbeat
- Altered perceptions (space/time)

## Acute (High) Doses or Chronic Use

- Increased risk of psychotic outcomes, hallucinations, or delusions
- Vomiting and nausea (cannabis hyperemesis syndrome)

## Related Risks

- Missing or being late to work
- Arrests or legal problems
- Accidents while operating motor vehicles



### BRAIN (DURING USE)

- Short-term memory problems
- Lowered judgment or processing skills
- Impaired learning skills

### ALERTNESS

- Drowsiness
- Lowered coordination
- Reduced reaction time

### LUNGS (SMOKED CANNABIS)

- Increased risk of breathing problems

## WHAT IS MARIJUANA?

Also called **cannabis**, **THC (delta 9 tetrahydrocannabinol)** is the primary mind-altering component. THC is a *psychoactive substance*.

Sometimes, "**delta 8 THC**" is sold as well. This exists naturally but not in high enough concentrations to extract for use. Most "delta 8" products are artificially manufactured using cannabidiol (**CBD**).

### Sources Include

drugabuse.org  
nida.nih.gov  
FDA.gov  
Jones & Bartlett, 2012  
PMC9312454  
PMC5032490