

## **2-MINUTE TIP:**

# **CANNABIS PROBLEMS**

It's more than just weed—it's a drug with real effects.

- Cannabis (marijuana, weed, pot) is the most commonly used illicit drug worldwide (though legal in many states), with THC as its main psychoactive ingredient. People smoke it, vape it, eat it (edibles), or use oils and concentrates (dapping). Effects usually kick in within minutes when inhaled and up to 2 hours when eaten.
- Many use it to relax, manage pain, sleep better, or cope with anxiety. So, for some, it's self-medication; for others, it's 'recreational.' It's not risk-free. Frequent use can cause tolerance, dependence, memory and attention problems, increased anxiety, paranoia, and in some cases, psychosis. Adolescence, a period during which the brain is undergoing major changes, is an unfortunate time period for young people to try the effects of marijuana.
- 22-30% who use cannabis develop Cannabis Use Disorder – needing more to get the same effect, struggling to cut down, or feeling irritable, anxious, or insomnia without it. What helps? Motivational Interviewing, CBT, support groups, and addressing co-occurring mental health issues.
- Learn about how to “Get on Board with Recovery” at [https://www.shorehavenbhi.com/2023pdfs/Get\\_on\\_Board\\_with\\_Recovery\\_v1-1.pdf](https://www.shorehavenbhi.com/2023pdfs/Get_on_Board_with_Recovery_v1-1.pdf)

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