

## Did you know?

Marijuana can impair driving!

Driving while under the influence of marijuana is just as dangerous as driving after drinking alcohol.



## What to expect when cutting back or quitting:

- Your doctor or Behavioral Health Specialist can help you set up a plan.
- Change takes time.
- You will need support.
- You may have some withdrawal symptoms.
- Contact your doctor if you are having any medical concerns.

## Where can I go to learn more?

- [www.drugabuse.org](http://www.drugabuse.org)
- [www.nida.nih.gov](http://www.nida.nih.gov)

## Something to try:

1. \_\_\_\_\_

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2. \_\_\_\_\_

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## Community Resources:

1. \_\_\_\_\_

2. \_\_\_\_\_

## Behavioral Health Specialist:

\_\_\_\_\_

## Phone number:

\_\_\_\_\_

**Indiana**SBIRT

**WE ASK  
EVERYONE.**



**Marijuana**

**IPRC** Indiana Prevention  
Resource Center

# Marijuana



The active ingredient in marijuana is delta-9-tetra-hydrocannabinol also known as **THC**.

THC changes the way your brain works. You may not notice the changes, but marijuana may be affecting everyday things.

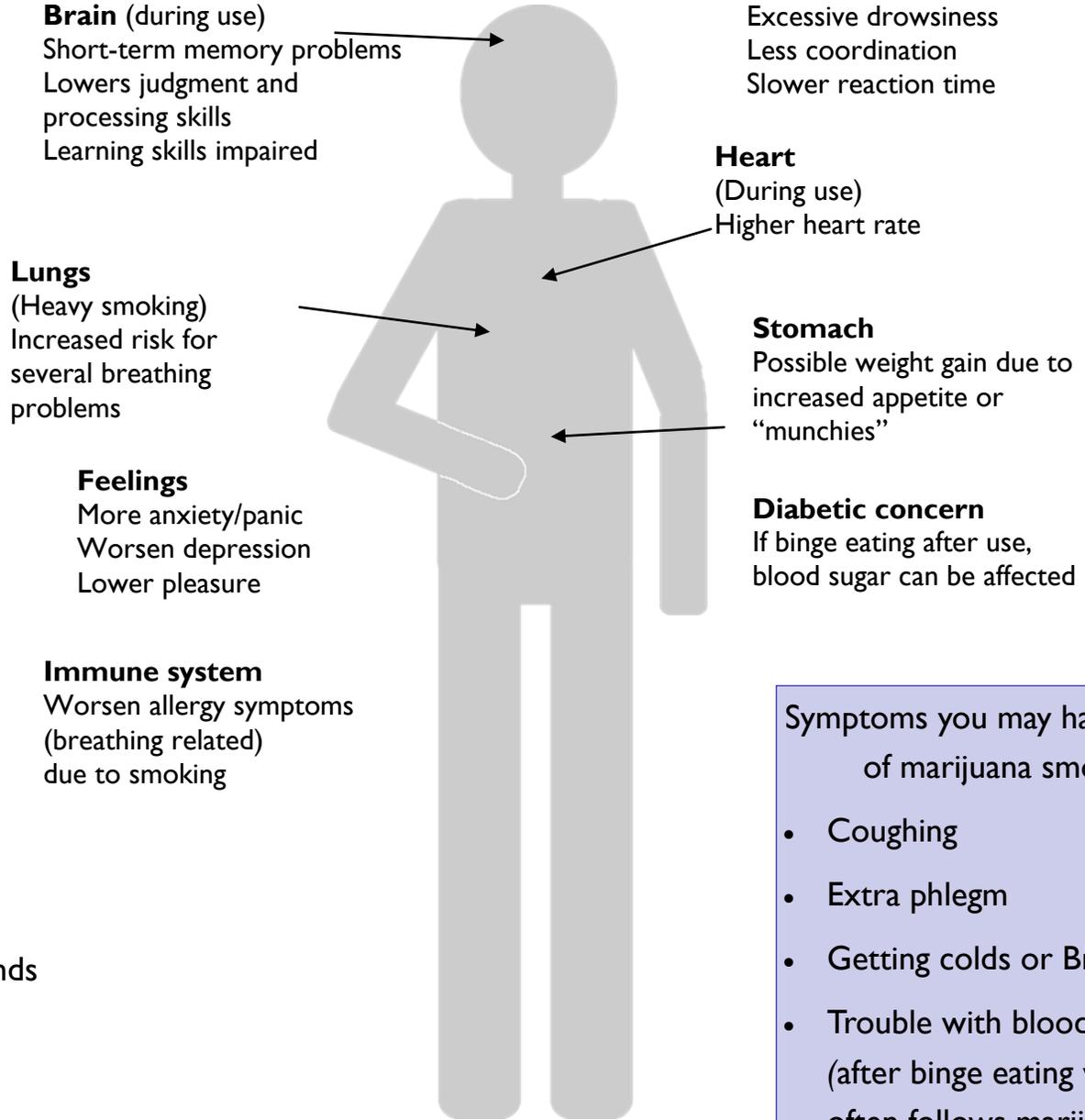
## Marijuana can:

- Change how we experience events
- Slow reactions or lower coordination
- Make problem solving and concentration difficult
- Cause problems with learning and memory

## Does my marijuana use lead to:

- Missing work or being late to work
- Problems at work (accidents or fights)
- Fights or arguments with family or friends
- Money issues or financial concerns
- Arrests or legal problems
- Using before important events
- Needing more to feel high

# Effects of Marijuana



Symptoms you may have because of marijuana smoking:

- Coughing
- Extra phlegm
- Getting colds or Bronchitis
- Trouble with blood sugar (after binge eating which often follows marijuana use)