Are You Dependent On Marijuana?

Answer “yes” or “no”

Have you ever:

Thought you should...

Cut down on your marijuana use? Yes ☐ No ☐

Become...

Annoyed when someone criticized your marijuana use? Yes ☐ No ☐

Felt scared, bad or...

Guilty about your marijuana use? Yes ☐ No ☐

Needed an...

Eye-opener to feel better in the morning? Yes ☐ No ☐

YES to 1 or 2 questions = possible problem
YES to 3 or 4 questions = probable dependence

Help Is Available

Counseling and self-help organizations can help you quit or cut down.

• Talk to your doctor or a substance abuse counselor.
• Be honest about:
  • How much marijuana you use.
  • How often you use.
  • Problems your drug use is causing.
• Counseling can help treat marijuana dependence.
• Self-help organizations, such as 12-step programs with regular meetings, are also useful.

More Information and Help

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Marijuana

Is it holding you back?

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DMH643002E – 1.10
Marijuana can cause many problems.

It can harm your health in ways you may not realize.

• When you use marijuana, you may make poor choices, including:
  • Risky physical activities, such as driving under the influence.
  • Unsafe sexual behavior that puts you at risk for HIV and other sexually transmitted infections.
  • Marijuana can cause attention, memory and learning problems.
  • It can cause or worsen depression and other mental illnesses.
  • Marijuana can take away your energy and motivation to get things done.
  • Children and teens who use marijuana are more likely to develop other drug-related problems at some point in their lives.

Smoking marijuana causes many of the same problems as smoking tobacco.

• Regular smokers cough more and get more colds, bronchitis and other infections.
• Long-term use can cause lung damage – just like smoking cigarettes.
• Babies of women who smoke are more likely to be born too small.

Marijuana today can be a lot stronger than it was 30 years ago.

• The amount of THC (the active ingredient in marijuana) can be several times greater today than it was in the past.
• Like other street drugs, marijuana may be “cut” (mixed) with other drugs or substances without you knowing it. Sometimes these “cuts” are dangerous and can make you sick.

Using marijuana is illegal.

• Medical use of marijuana is not permitted in New York State.
• You can be fined and even arrested for using marijuana.
• Penalties for selling are even more severe.
• Penalties for driving under the influence of marijuana are the same as for drunk driving.
• Marijuana may show up on a drug test days or even weeks after you used.
• A drug felony conviction can keep you from getting a student loan, a job, a house or an apartment – even years later.

Heavy users often suffer bad effects.

These include:

• A strong urge to use that is hard to resist.
• Trouble cutting down or stopping:
  • Even when using interferes with work, school or relationships.
  • Despite money or legal problems caused by using.
• Loss of energy or motivation.
• Having a hard time fulfilling responsibilities or getting things done.
• Trouble waking up in the morning and getting to work or school on time.
• Difficulty finishing projects, completing plans and following through on ideas.
• Depression.
  • Feeling sad, anxious or hopeless much of the time.
  • Feeling worse when you can’t use.
• Memory problems.
  • Forgetting all or part of what happens when you use.
• Social problems.
  • Acting irritable and aggressive in inappropriate situations.
  • Deteriorating relationships with family and friends.
• Preoccupation.
  • Thinking a lot about getting and using marijuana.
  • Neglecting family, friends, work and school.
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