

If you start before age 18, you have a

1 in 6

chance of being addicted

The marijuana today has more than

3X the amount of THC than marijuana from 25 years ago.

If you use marijuana, **2X** more likely you are to **commit suicide** than those who do not use it.

The National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

AR-Connect to talk to a mental health professional:
501-526-3563 or
1-800-482-9921

Most young adults in **Arkansas** do not use marijuana.

If you use marijuana
You are more likely to have:

Social Problems

- Relationship problems
- Struggle to finish high school or get a college degree
- Earn a lower income
- Struggle to find or keep a job
- Depend on welfare
- Break the law and get arrested
- Feel less satisfied with your life

Physical Problems

- Trouble breathing
- Higher risk of lung infections
- Severe nausea (upset stomach) and vomiting (throwing up)
- Trouble with attention, memory, and learning skills
- Increased heart rate
- Increased risk of heart attack if you have heart problems

Mental Problems

- Hallucinations (seeing or hearing things that are not there)
- Delusions (thinking things are true that most others would think are false)
- Acting or thinking in ways that are not normal for you
- Marijuana may increase risk of mental illness such as depression and anxiety.

Marijuana can harm your unborn baby

It is not safe to drive when you have used marijuana

References

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