Marijuana: Impacts to Mental Health

Marijuana can impair learning, memory, problem solving skills, thinking, depth perception and coordination.

People with mental illness are more likely to experience negative emotions such as depressed mood and anxiety when they use marijuana.

Marijuana use can cause strange behavior, seeing, hearing or smelling things that aren't there, not being able to tell imagination from reality (psychosis).

Effects of marijuana use include severe anxiety, and the fear that one is being watched or followed (paranoia).

Regular marijuana use doubles the risk for developing psychotic symptoms and schizophrenia.

Using marijuana doubles a teen’s risk of developing depression and anxiety.

Frequent marijuana use is associated with major depressive disorder.

Marijuana can cause the loss of a sense of personal identity.

Marijuana use can induce anxiety and people who have panic attacks are more likely to experience worse anxiety symptoms from marijuana.

Heavy marijuana smokers feel more alienated and burdensome to others than people who use it less often.

Marijuana use is associated with increased severity of PTSD symptoms and violent behavior.

Daily marijuana users reported having more suicidal thoughts than less frequent users.

Long term effects of marijuana use include impaired thinking, lower life satisfaction, poor school performance, and antisocial behavior.

Sources:


