

Marijuana: Impacts to Mental Health

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

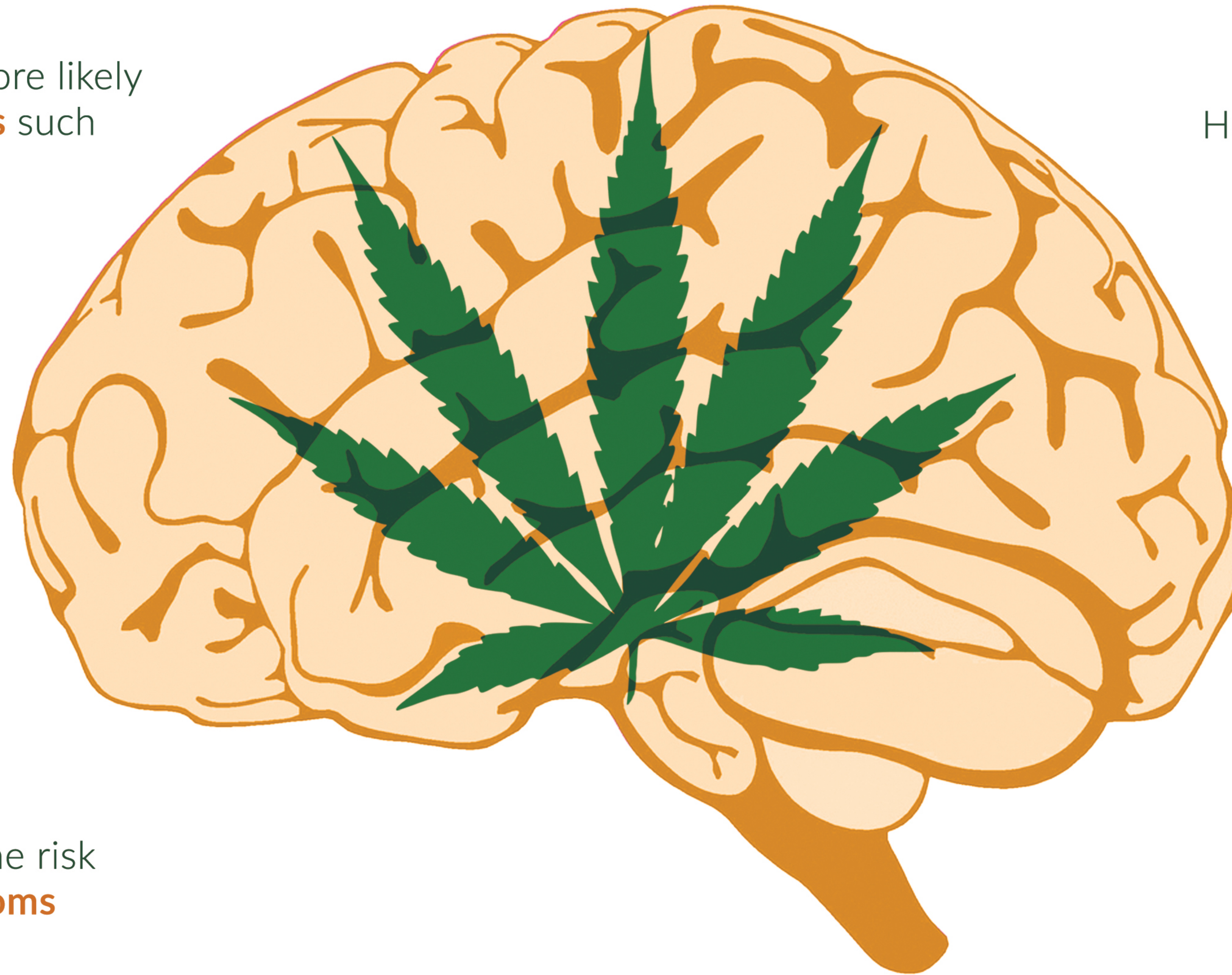
People with mental illness are more likely to experience **negative emotions** such as **depressed mood** and **anxiety** when they use marijuana.

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**.

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 include **impaired thinking, lower life satisfaction, poor school performance, and antisocial behavior**.

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

Frequent marijuana use is associated with **major depressive disorder**.

Sources:

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