



# MARIJUANA AND MENTAL HEALTH

Studies have found a link between marijuana use and mental health problems, such as depression, anxiety, suicidal thoughts, lack of motivation, and personality disturbances.

## MARIJUANA USE CAN ALSO CAUSE:

- ◆ Paranoia and hallucinations
- ◆ Social anxiety
- ◆ Increased risk and worsening of schizophrenia
- ◆ Increased risk of bipolar disorder<sup>1</sup>

# MARIJUANA'S LINK TO SUICIDE



Studies indicate a link between marijuana use and thoughts of suicide (suicidal ideation), suicide planning, and suicide attempt.

In Colorado, one of the first states to legalize adult use, marijuana is the number one drug in the systems of youth ages 10-19 who have died by suicide.<sup>2</sup>



If you or a loved one is struggling with thoughts of suicide, text or call 988 or visit the website at [www.988lifeline.org](http://www.988lifeline.org)<sup>3</sup>

The 988 Lifeline provides 24/7, free and confidential support for people in distress and crisis, as well as resources for you or your loved ones.

## MORE INFORMATION



[www.clearga.org](http://www.clearga.org)



[www.letsbeclearga.org](http://www.letsbeclearga.org)



[www.cleargaparent.org](http://www.cleargaparent.org)



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1. Mental Health | Health Effects | Marijuana | CDC. (2022, April 22). [Www.cdc.gov. https://www.cdc.gov/marijuana/health-effects/mental-health.html#:~:text=The%20association%20between%20marijuana%20and](https://www.cdc.gov/marijuana/health-effects/mental-health.html#:~:text=The%20association%20between%20marijuana%20and)
2. THE LEGALIZATION OF MARIJUANA IN COLORADO: THE IMPACT. (2021). <https://www.dfaf.org/wp-content/uploads/2021/09/RMHIDTA-Marijuana-Report-2021.pdf>
3. 988 Suicide & Crisis Lifeline. (2022). 988 Suicide & Crisis Lifeline. [988lifeline.org. https://988lifeline.org/](https://988lifeline.org)