

Do you depend on marijuana?

Marijuana is a drug used socially and as medicine. In New York, it is legal to use marijuana **only** as medicine.

What is marijuana?

Marijuana is also called weed, pot, grass or hash. It comes from the hemp plant. Marijuana is mixed from the dried flowers and leaves from the hemp plant. It can be smoked or put it in food and drinks.

Marijuana has a chemical called THC. This chemical affects the way people act, think, feel, learn and remember. Other drugs or chemicals are sometimes added to marijuana. This makes marijuana have a stronger effect on people.



What are the effects of marijuana?

Marijuana can affect the way you act, think, feel, learn and remember.

Some effects are:

- Mood changes like feeling relaxed, giggly, depressed or very worried
- Hallucinations or seeing things that are not really there
- Time feels like its slowing down
- Getting hungry often
- Fast heart beats and your blood pressure going up
- Not remembering things well
- Lung problems like coughing, wheezing and getting colds often
- Sights, sounds and colors looking more intense

How is marijuana used?

1. **As medicine.** Marijuana can make some symptoms of illnesses less painful. Doctors can prescribe marijuana to patients with cancers and AIDS.
2. **Socially.** Some people use marijuana with others, by themselves or for parties. **Using marijuana socially is not legal in New York.** You can go to jail or prison if you're seen with marijuana, selling marijuana or growing it.



What happens if you use marijuana too much?

Some people still use marijuana even if it is not legal in New York. Using marijuana too much may mean that you depend on it. This can be a problem in the long run.

You can get:

- Breathing problems
- A weak immune system and get sick easier
- Mental and learning problems

Use this chart to know if you depend on marijuana too much. Check yes or no for all questions.

Do you:

Use marijuana often?	<input type="checkbox"/> Yes <input type="checkbox"/> No	React slowly to things?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Look for other people to smoke with?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Have a raspy throat?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Think marijuana makes you a better or more social person?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Have trouble remembering?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do things you don't really do when smoking marijuana?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Use marijuana to escape from problems or relax?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Worry that you'll run out of marijuana?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Get colds, the flu or other infections often?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you checked more than 3 yes, you may depend too much on marijuana.

Where can I get help if I depend on marijuana too much?

Talk to somebody about your marijuana use. You can talk to family, friends, teacher or a school counselor. You can also call:

- A CHN social worker. Call 866-246-8259 to speak to a social worker.
- Substance Abuse and Mental Health Services Helpline. Call 800-662-4357.
- Marijuana Anonymous Worldwide Services. Call 800-766-6799.