



Did You Know?

Marijuana can impair your ability to drive. Driving while under the influence of marijuana is just as dangerous as driving under the influence of alcohol.



What to expect when cutting back or quitting using marijuana:

- Change takes time.
- You may have some withdrawal symptoms.
- You will need support.

You don't have to do this alone:

- Contact your doctor if you are thinking about making a change.
- Together you will set up a plan for a safe way to make a change.

How can I learn more?

Visit this helpful website:
www.drugabuse.gov

Something to try:

Community Resources:

Behavioral Specialist:

Name _____

Contact _____

Name _____

Contact _____

Useful Websites/Literature:

Thanks to the Indiana Prevention Resource Center for sharing their original brochure with us. This publication was made possible by Grant Number T123455 from the United States Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment to the Illinois Department of Human Services, Division of Alcoholism and Substance Abuse.



Programs, activities and employment opportunities in the Illinois Department of Human Services are open and accessible to any individual or group without regard to age, sex, race, sexual orientation, disability, ethnic origin or religion. The department is an equal opportunity employer and practices affirmative action and reasonable accommodation programs.

DHS 4553 (N-08-15) SBIRT Marijuana
Printed by the Authority of the State of Illinois.
PO #15-2105 1000 copies



We Ask Everyone About Marijuana



The Illinois SBIRT Initiative
Screening, Brief Intervention,
and Referral to Treatment

Marijuana

The active ingredient in marijuana is delta-9-tetrahydrocannabinol, also known as "THC." THC changes the way your brain works. You may not notice the changes, but marijuana may be affecting everyday things.



Marijuana Can:

- Change how we experience events
- Slow reactions or diminish coordination
- Make problem solving and concentration difficult
- Cause problems with learning and memory

Questions to Consider

Does my marijuana use lead to:

- Missing work or being too late to work?
- Problems at work (accidents or fights)?
- Fights or arguments with family and/or friends?
- Money issues and/or financial concerns?
- Arrests and/or legal problems?
- An inability to handle important events without using?

Effects of Marijuana

BRAIN (during use)

- Short term memory problems
- Lowered judgment and processing skills
- Learning skills impaired

LUNGS (heavy smoking)

- Increased risk for several breathing problems

FEELINGS

- Heightened anxiety/panic
- Worsened depression
- Diminished pleasure

IMMUNE SYSTEM (smoking)

- Worsened allergy symptoms/breathing related

ALERTNESS

- Excessive drowsiness
- Less coordination
- Slower reaction time

HEART (during use)

- Elevated heart rate

STOMACH

- Possible weight gain due to increased appetite (commonly known as "munchies")

DIABETIC CONCERN (if binge eating after use)

- Blood sugar can be adversely affected

Symptoms of smoking marijuana:

- Coughing
- Extra phlegm production
- Getting colds or bronchitis
- Trouble with blood sugar levels (after the binge eating that typically follows marijuana use)