



Did you know?

- Marijuana can impair driving!
- Driving while under the influence of marijuana is just as dangerous as driving after drinking alcohol.

What to expect when cutting back or quitting:

- Your doctor or behavioral health specialist can help you set up a plan.
- Change takes time.
- You will need support
- You may have some withdrawal symptoms.
- Contact your doctor if you have any medical concerns.

Something to try:

1. _____

2. _____

Community Resources:

1. _____
2. _____

Behavioral Health Specialist:

Phone Number:



**Because
WE CARE,
we ask
EVERYONE**

MARIJUANA



vital
Improving Wellness in Alabama

Marijuana



The active ingredient in marijuana is delta-9-tetra-hydrocannabinol also known as **THC**.

THC changes the way your brain works. You may not notice the changes, but marijuana may be affecting everyday things.

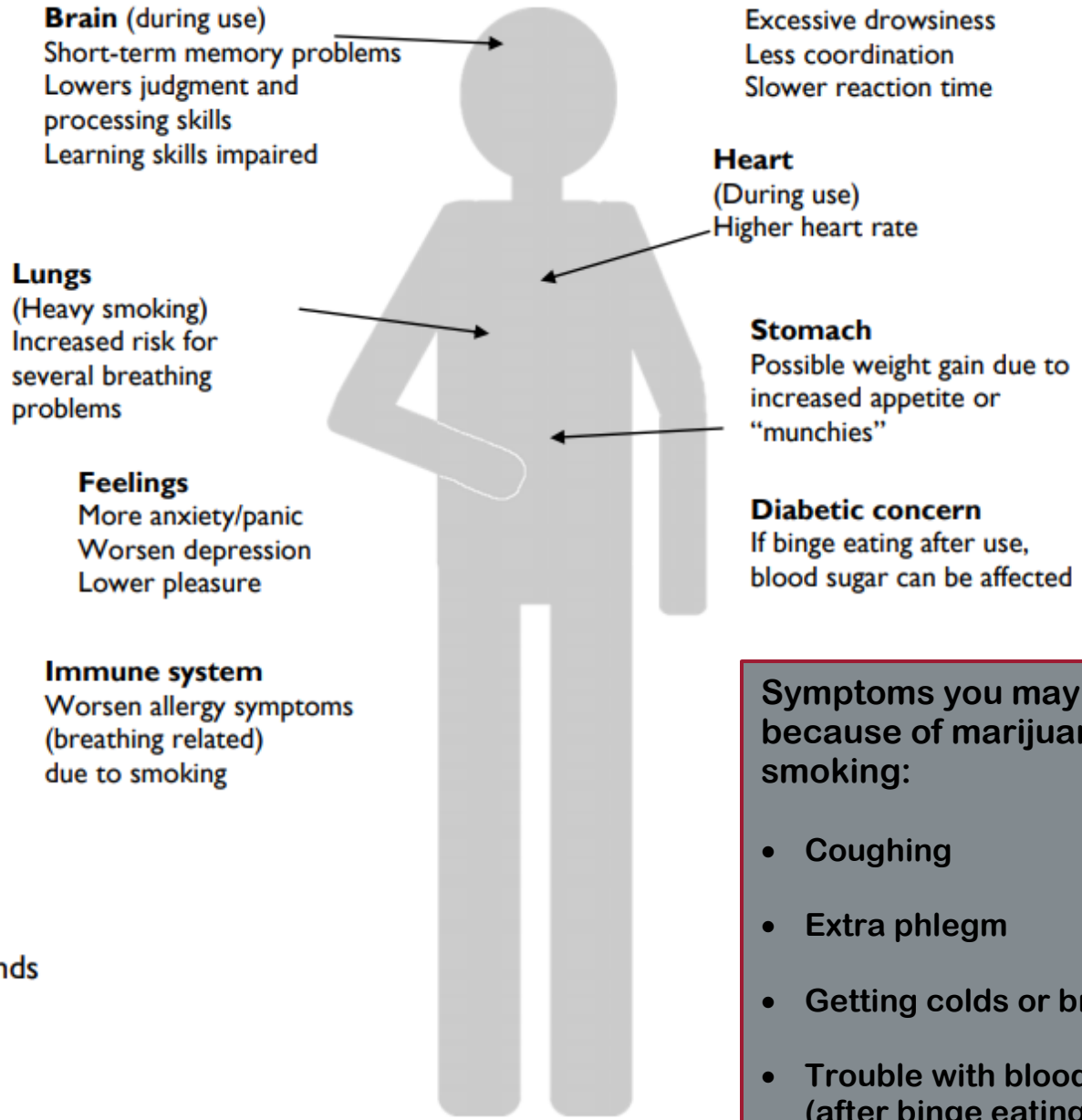
Marijuana can:

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

Does my marijuana use lead to:

- Missing work or being late to work
- Problems at work (accidents or fights)
- Fights or arguments with family or friends
- Money issues or financial concerns
- Arrests or legal problems
- Using before important events
- Needing more to feel high

Effects of Marijuana



Symptoms you may have because of marijuana smoking:

- Coughing
- Extra phlegm
- Getting colds or bronchitis
- Trouble with blood sugar (after binge eating which often follows marijuana use)