

# MARIJUANA AND YOUR TEEN'S MENTAL HEALTH

## **Depression. Suicidal Thoughts. Schizophrenia.**

If you have outdated perceptions about marijuana, you might be putting your teen at risk. New research is giving us better insight into the serious consequences of teen marijuana use, especially how it impacts mental health.

Did you know that young people who use marijuana weekly have double the risk of depression later in life?<sup>1</sup> And that teens aged 12 to 17 who smoke marijuana weekly are three times more likely than non-users to have suicidal thoughts?<sup>2</sup>

And if that's not bad enough, marijuana use in some teens has been linked to increased risk for schizophrenia in later years.<sup>3</sup>

Today's teens are smoking a more potent drug<sup>4</sup> and starting use at increasingly younger ages during crucial brain development years.<sup>5</sup> Still think marijuana's no big deal?

Remember, you are the most important influence in your teen's life when it comes to drugs,<sup>6</sup> so tell your teen the facts about marijuana. Teens who learn about the risks from their parents are less likely to smoke marijuana or use other drugs than teens who don't.

Let your teens know you don't want them using marijuana. Their mental health may depend on it.

