



# Weed & Mental Health



## Weed can mess with your brain development

You've probably heard someone say, "Weed kills brain cells," and maybe even rolled your eyes. But here's the thing: your brain is still under construction until around your mid-20s. That means using weed as a teen can mess with some pretty important stuff—like the part of your brain responsible for memory, focus, coordination, and emotional regulation.

### Studies show that weed can harm teen mental health

Between school, social media, and everything else, teens already deal with a lot. Some turn to weed to "take the edge off," but using it as an escape can actually make things worse. For teens, weed is linked to more mental health problems, not less.

### How can using weed affect me?

#### 2x more likely to feel depressed

Using weed can raise your risk of dealing with mental health struggles like depression, anxiety, or even suicidal thoughts.<sup>1,2,3</sup>

#### 4-7x more likely to get hooked

Starting weed before you turn 18 makes it harder to quit later. Your brain's still developing, which makes it more likely to get hooked.<sup>5</sup>

#### Stress can get worse

Normal teen stress is real, but weed can crank it up. It messes with the amygdala (the part of your brain that controls emotions and anxiety), making stress tougher to handle.<sup>4</sup>



#### The bottom line:

Weed might feel like an easy escape, but it can actually make stress and mental health challenges harder to manage.



# Sources

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