

# MARIJUANA, VAPING AND MENTAL HEALTH

43% of young adults (18-25) in Anne Arundel County who reported using marijuana said they did it to reduce anxiety, depression or stress.

## Vaping Facts

(E-cigarettes, vape pens, mods, hookahs)

- Most e-cigarettes have nicotine, even those labeled as "zero nicotine."
- One JUUL pod contains as much nicotine as a full pack of cigarettes.
- E-vapor has heavy metals like lead, tin and nickel that damage the lungs.
- Chemical flavorings in vape products cause diseases like "popcorn lung."

## Marijuana Facts

(Cannabis, weed, pot, hashish)

- Marijuana use affects coordination, learning, emotions and memory.
- Edibles take longer to feel the effects, making overdose more likely.
- Marijuana poisoning can cause vomiting and psychotic episodes.
- Marijuana can be laced with other drugs, including deadly fentanyl.

42% of young adults in Anne Arundel County NEVER used marijuana

Have you ever felt pressured to try vaping or marijuana? Here are some healthy ways to deal with stress and refusal:

## STRESS MANAGEMENT



Exercise/sports



Ask for help

Talk about it

Read a book



Journaling



Listen to music



Think positive

## REFUSAL SKILLS



Give a reason

Use humor



Strength in numbers

Walk away

### FACT SOURCES:

- Maryland Young Adult Survey on Alcohol and Other Drugs 2020
- [www.CDC.gov](http://www.CDC.gov) "Health Effects of Marijuana", "Quick Facts on the Risks of E-Cigarettes"