

# How to Get Help

If you know someone has issues with continued opioid or drug use, seek professional help. A doctor can screen for signs of drug use and related health conditions and suggest possible next steps. Other more immediate resources include:

## CORE Network

A long-term substance use disorder recovery program designed to establish a coordinated system of care for those seeking treatment for substance use disorder.  
[FLCORENETWORK.COM](http://FLCORENETWORK.COM)

## ISave Florida

Drug overdose is a nationwide epidemic and an increasing number of Floridians are losing their lives to overdose - you can help save a life with naloxone.  
[ISAVEFL.COM](http://ISAVEFL.COM)

## 988 Florida Lifeline

Call, text, or chat 988 to be connected to trained counselors who will listen, provide support, and connect you to additional resources if necessary.  
[988LIFELINE.ORG](http://988LIFELINE.ORG)

## Local Services

If you or someone you know is in need of substance abuse and/or mental health services, our local managing entities can help you locate available programs.  
[MYFLFAMILIES.COM/SAMH-GET-HELP](http://MYFLFAMILIES.COM/SAMH-GET-HELP)

If your friend has passed out or is not responding after using drugs, call 911 immediately.

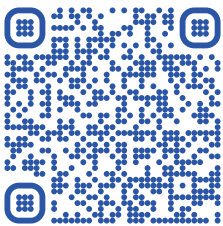
### Know the signs of an overdose:

- Very sleepy
- Small pupils
- Changes in the appearance of their skin
- Trouble breathing
- Nausea and vomiting
- Increased heart rate
- Chest pains
- Headache
- Dizziness
- Seizure
- Aggressive behavior
- Increased anxiety & depression
- Paranoid thoughts

**The Facts. Your Future.** is a multifaceted initiative led by Florida's First Lady, Casey DeSantis, to heighten youth understanding of the dangerous and life-altering effects of substance use.

Get more facts about Marijuana

[TheFactsYourFuture.org](http://TheFactsYourFuture.org)



Facts for Florida Participants

MARIJUANA

TYPE : Stimulant, Depressant & Hallucinogenic Properties

Just say no, and here's why...

THE FACTS. YOUR FUTURE.



# Marijuana Facts

## OVERVIEW

While your brain is still developing, regular marijuana use leads to lower IQ and difficulty retaining new information. Marijuana use has also been linked to increased risk of mental health concerns such as anxiety, depression, and psychosis.

## WHAT IT LOOKS LIKE

Marijuana is a mix of dried green or brown flowers, stems, seeds, and leaves. It usually looks green, brown, or gray and can look like tobacco. Sometimes it may be purple, orange, or reddish in color. Marijuana can also come in liquid form as a concentrated THC extract known as liquid THC.

## DANGERS OF MARIJUANA

Not only does marijuana use cause impaired short-term memory, perception, judgment, and loss of motor skills, but heavy marijuana usage in teens can permanently decrease your IQ.

When smoked, THC from marijuana goes into the bloodstream and then to the brain. High doses of marijuana can also be linked to depression, anxiety, suicide, and even provoke a psychotic episode, or temporary break with reality.

### SHORT-TERM EFFECTS INCLUDE PROBLEMS WITH:

- Memory
- Learning
- Problem-solving
- Coordination

### FREQUENT LONG-TERM USE CAN CAUSE:

- Physical dependence
- Psychological addiction
- Bronchitis
- Emphysema
- Bronchial asthma

**COMMON NAMES:** Dope, Mary Jane, and Reefer.



Cannabis use may increase your risk for an earlier onset of psychotic disorders such as schizophrenia.

## HOW TO HELP A FRIEND

It's likely someone you know has considered using drugs or is using. Talking to them could save their life. This isn't a one-size fits all conversation, but here are some tips that may help you get started:

### Before You Talk

• **DO SOME HOMEWORK.** Take a few minutes to learn about the effects of drug and alcohol use.

• **RIGHT TIME, RIGHT PLACE.** Make sure you have enough time to talk. Choose a place where you both feel comfortable and without a lot of distractions.

• **WRITE IT OUT.** Having conversations like this can be hard. Taking a few minutes ahead of time to think through and even write out what you're going to say can make a huge difference.

### Starting the Conversation

• **KEEP IT SIMPLE.** Make it a conversation, not a lecture.

*"You've got a lot going on right now and I want you to know I'm here for you."*

• **REALLY LISTEN.** Really listening means trying to understand what your friend is going through so you can better support them.

*"You've been going through a lot lately. And it sounds like the only way you've been able to deal with all the pressure you're under has been using. Did I get that right?"*

• **OFFER SUPPORT.** Let your friend know you're there for them. Ask them what they think they should do and what help they might be open to.

*"Should we talk to your parent or someone else you trust? I know that might seem scary, but I can go with you, if it helps."*

It's always a good idea to reach out to a parent, guardian, teacher, or other trusted adult if you have more questions or need to talk.

There's a misconception that marijuana isn't addictive. More than half of 12-17 year olds in addiction treatment are being treated for addiction to marijuana.



**THE  
FACTS.  
YOUR  
FUTURE.**