

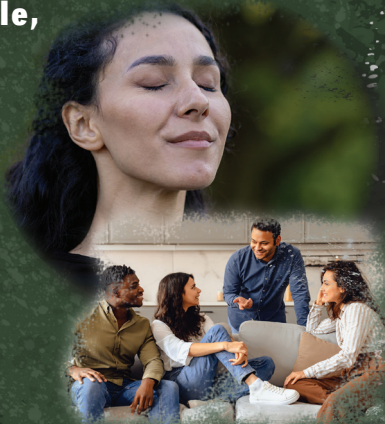
FAST FACTS

- In 2023, nearly 4.8 million Americans met the criteria for Cannabis Use Disorder.
- 25% of people 12 years of age or older reported using cannabis in the past year.
- Withdrawal symptoms can begin as soon as 24–72 hours after stopping use.

WHAT YOU CAN DO

CUD is treatable, and early awareness makes all the difference.

- Know the signs
- Set limits
- Avoid daily use
- Seek help early
- Educate peers and younger users



RECOVERY IS POSSIBLE

If you or someone you know is struggling with cannabis use:

- Talk to a doctor or mental health professional
- Explore counseling or behavioral therapy
- Join support groups or peer networks
- Don't be afraid to ask for help—you're not alone.

TEST YOURSELF

1. About 30% of regular cannabis users may develop Cannabis Use Disorder (CUD).
A. True B. False
2. Euphoria is a common symptom of cannabis withdrawal.
A. True B. False
3. People who use cannabis daily are at higher risk of developing CUD than occasional users.
A. True B. False
4. Starting cannabis use before the age of 18 increases the risk of developing CUD later in life.
A. True B. False
5. The best course of action for someone who suspects they have CUD is to seek professional support.
A. True B. False

Answers: 1: True 2: False 3: True 4: True 5: True



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CANNABIS USE DISORDER



**WHEN HABIT
BECOMES A HOLD**

What is CANNABIS USE DISORDER?

Cannabis is often viewed as harmless, even therapeutic. But for some, frequent marijuana use becomes something more serious: a medical condition called Cannabis Use Disorder (CUD).

CUD is a clinically diagnosable condition where a person cannot stop using cannabis, even when it interferes with daily life, relationships, or health. It affects about 1 in 3 regular users, and can involve withdrawal, cravings, and increased tolerance

WHEN USE BECOMES A PROBLEM

- Using more or longer than intended
- Unsuccessful attempts to cut down or quit
- Spending a lot of time getting, using, or recovering from cannabis
- Giving up important activities due to use
- Continuing use despite social, mental, or physical problems

Even though marijuana isn't considered physically addictive in the way opioids are, it can still result in psychological and behavioral dependence.

CANNABIS USE DISORDER FACTS

- About 30% of people who use cannabis may develop some level of CUD.
- People who begin using before age 18 are 4–7 times more likely to develop a disorder.
- Daily cannabis users are at the highest risk of developing dependency.
- Withdrawal symptoms include irritability, insomnia, mood swings, appetite changes, and intense cravings.



THE MENTAL HEALTH LINK

Frequent cannabis use is associated with:

- Increased anxiety and depression
- Memory and learning problems
- Higher risk of psychosis, especially in those genetically predisposed
- Lower motivation and diminished reward response

Cannabis can also interfere with developing brains, making young adults especially vulnerable to long-term impacts.

REAL STORY

Hannah's High Turned Low

Hannah was a 20-year-old art student. She began using marijuana to calm her anxiety. It worked—at first. But over time, she needed more just to feel “normal.”

She stopped going to class. Stopped creating. She couldn't focus without getting high, and without it, she couldn't sleep. She isolated herself. Eventually, her professor referred her to campus counseling, where she was diagnosed with Cannabis Use Disorder.

Now 6 months into recovery, Hannah says, “It wasn't ruining my life all at once. But it was taking little pieces of me every day.”

