



Signs and Symptoms of Substance Abuse

Signs of Cannabis Abuse

- Using more of the substance than intended or requiring
- Continuing to use Marijuana despite negative consequences like physical or psychological concerns
- Neglecting or falling behind on responsibilities due to excessive marijuana use
- Prioritizing marijuana over previously enjoyable activities or time spent with friends or family
- Experiencing uncomfortable withdrawal symptoms when stopping or cutting back on marijuana consumption

Symptoms of Cannabis Abuse

Mood

- Mood Swings
- Sudden Depression

Physical

- Increased Heart Rate
- Withdrawal Symptoms
- Decreased Reaction Time
- Excessive Sleepiness & Fatigue
- Problems with Motor Coordination

Cognitive

- Distorted Sensory Perception
- Random Thinking
- Warped sense of time
- Short-Term Memory Loss
- Amotivational Syndrome

Physiological

- Personality Changes
- Paranoia
- Anxiety
- Suicidal Ideation

In an emergency, call 911. For 24/7 help finding treatment, please contact 1-844-REACHNJ (1-844-732-2465).



Cannabis Use Disorder is a problematic pattern of cannabis use leading to clinically significant impairment/distress, defined by at least two of the following, occurring within a 12-month period:

- Cannabis is often taken in larger amounts or over a longer period than was intended.
- There is a persistent desire or unsuccessful efforts to cut down or control cannabis use.
- A great deal of time is spent in activities necessary to obtain cannabis, use cannabis, or recover from its effects.
- Craving, or a strong desire or urge to use cannabis.
- Recurrent cannabis use resulting in a failure to fulfill major role obligations at work, school, or home.
- Continued cannabis use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of cannabis.
- Important social, occupational, or recreational activities are given up or reduced because of cannabis use.
- Recurrent cannabis use in situations in which it is physically hazardous.
- Cannabis use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by cannabis.
- Tolerance
- Withdrawal

Central New Jersey Cannabis Treatment Programs:

- Another Door Opens (609)393-1219
- Catholic Charities (609) 396-4557
- Corner House (609) 924-8018
- Counseling Center-Clark (732) 882-1920
- Footprints Recovery NJ, LLC (609) 249-4645
- Hamilton Treatment Services (609) 838-9067
- High Focus Centers (609) 349-7626
- IRON Recovery and Wellness Center, Inc. (609) 394-8988
- LIFEBACK Addictions and Behavioral Health (609)-482-3701
- Oaks Integrated Care, Inc. (609) 396-5944
- Phoenix Behavioral Health, LLC (609) 771-3777
- Princeton House Behavioral Health (609) 688-2788
- Silver Linings Recovery Center (855) 960-3769
- Summit Behavioral Health, LLC (609)651-4001

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