



Did You Know?

Actively using substances can be harmful to your brain and body.
It's important you know the risks and who to reach out to for support.

Marijuana (Weed)

Fact: Using Marijuana before the age of 18 can lead to a permanent drop in IQ and affect brain functions like focus and memory.

Did You Know? Marijuana edibles take 2 hours to kick in, leading to overconsumption.

Impact on Mental Health

Fact: Substance use is linked to increased anxiety, depression, and mood swings among adolescents.

Did You Know? Using substances as a way to cope with stress can lead to a cycle of dependence and worsen mental health.

Nicotine and Vaping

Fact: One vape can contain as much nicotine as 20 cigarettes.

Did You Know? Nicotine can increase anxiety and depression symptoms, especially in young brains.

Alcohol

Fact: Our brains continue to develop until the age of 25. Drinking alcohol can interfere with memory, learning, and decision-making.

Did You Know? Teens who start drinking before 15 are 4 times more likely to develop alcohol dependence later in life.

Peer Pressure

Fact: About 60% of teens say they feel pressured to try drugs or alcohol by their peers.

Tip: Having a plan to say "no" makes it easier to stick to your choices!

Facing challenges with substance use? Horizon is here to help.

Our SAFER Program:

- Educates adolescents & young adults about substance use
- Conducts quick screenings to assess risk
- Connects individuals to youth peer supports
- Refers to treatment if necessary

Contact us for more information:

✉ SAFERReferrals@horizon-health.org

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