



# HOW ARE MARIJUANA AND DEPRESSION CONNECTED FOR TEENAGERS?



- Teens who feel depressed might use marijuana to cope.
- They might feel better in the moment, but in the long term, marijuana can make depression worse.
- If your teen is using marijuana, don't judge: help them get support.
- Talking to a therapist at school or a clinic may help your kid. Therapy is ok, and it doesn't mean you have failed as a parent.

Even if they don't show it, teenagers are listening to you.  
**Talk to them about marijuana.**