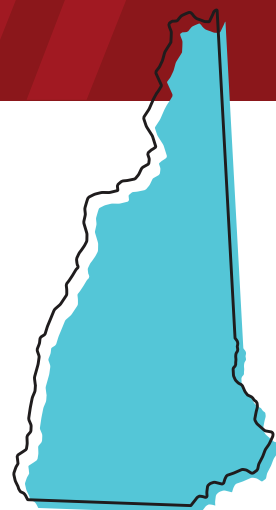


Impact of Cannabis on Youth Mental Health in New Hampshire

Ease of Access

Research into the effects of cannabis legalization on youth is mixed. However, one research finding is consistent across all states: when cannabis is legalized, youth perceive it is easier to get. Data from New Hampshire's Youth Risk Behavior Survey (YRBS) underscores the linkages between youth access to marijuana and poor mental health.



In the 2023 YRBS, students who reported it was very easy to get marijuana were¹...



2.3x

more likely to report feeling sad or hopeless almost every day for 2 or more weeks

2.9x

more likely to have made one suicide attempt in the past year

3x

more likely to have made a plan for suicide in the past 12 months

3.2x


more likely to report 1) their mental health was always not good, and 2) they seriously considered suicide in the past 12 months

6x more likely

to report requiring medical attention from a suicide attempt in the past year.

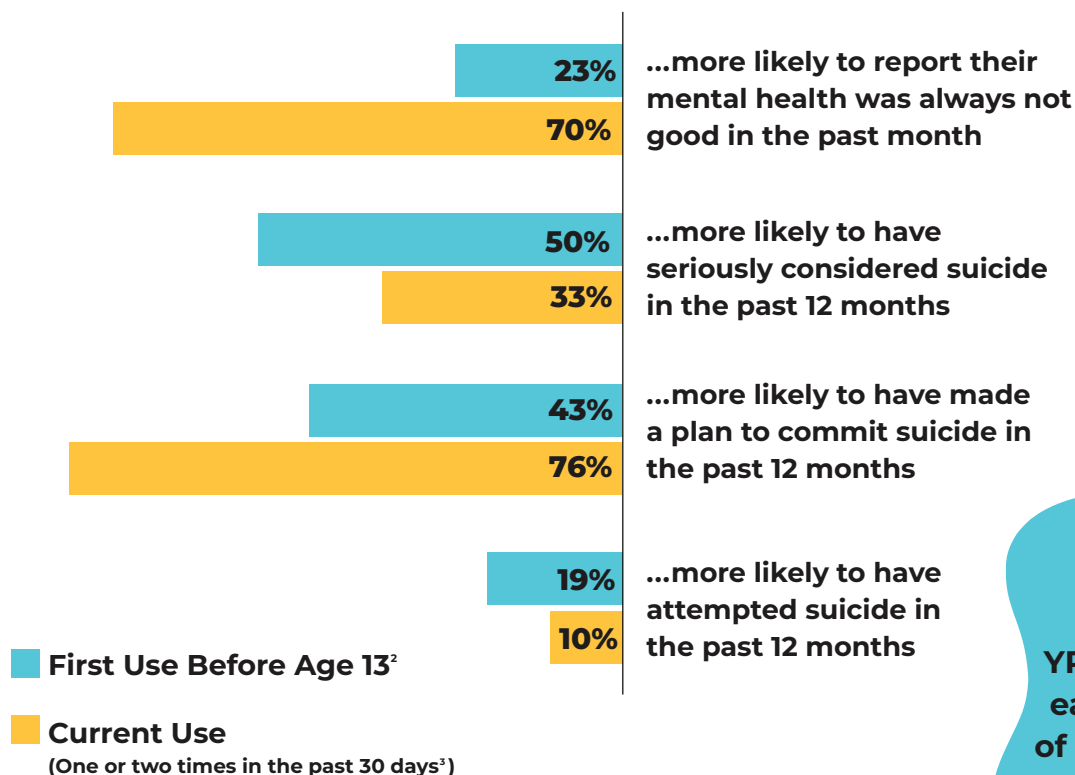


¹Compared to students who said it was very hard to get marijuana.



KEY WAYS TO REDUCE THE NEGATIVE IMPACTS OF CANNABIS ON YOUTH MENTAL HEALTH ARE TO DELAY FIRST USE FOR AS LONG AS POSSIBLE AND REDUCE CURRENT USE.

In the 2023 YRBS, students who reported early or current use of marijuana were...



²Compared to students who had never tried marijuana.

³Compared to students who did not use marijuana in the past 30 days.

New Hampshire's YRBS data shows that early and current use of marijuana are linked to poor mental health in youth.

nearly

1 in 5 students

who first tried marijuana before age 13 had a suicide attempt that required medical attention in the past 12 months.



Interested in learning more? Visit:

[Youth Risk Behavior Survey \(YRBS\) | New Hampshire Technical Assistance Center](#)

[Youth Risk Behavior Survey | New Hampshire Department of Health and Human Services](#)

[YRBS Past Surveys and Reports | New Hampshire Department of Health and Human Services](#)