



Mar-Anon Family Groups

SUPPORT AND HOPE FOR THOSE AFFECTED BY ANOTHER'S MARIJUANA USE

I Have Cannabis-Induced Psychosis. I Need Your Help.

Marijuana caused me to experience a break from reality.

The delusions and hallucinations I am experiencing seem real to me. Please don't tell me otherwise or say that I'm crazy.

Don't blame, shame, scold me, or let me provoke your anger. Arguing with me may push me away.

When I am experiencing a mental health crisis, don't excuse any negative behaviors. Please maintain healthy boundaries with me.

Accountability allows me to recover.

Call for help if I try dangerous things or if I am a threat to myself or others, even when you think I'm bluffing. Lock up any weapons in the house.

I know you're scared. I'm scared, too.

Please don't make me responsible for your fears. Seek support for yourself.

I know it's not easy. You knew me before this happened. Have hope and know that I am in there somewhere.

Do learn all you can about marijuana and marijuana psychosis, attend Mar-anon meetings, and go to OPEN Marijuana Anonymous meetings. They're the people who can help you see the situation clearly.

I love you, Your loved one with CIP.

Resource: Mar-anon Families (mar-anon.com).