

# Why Say NO?

**“It just got out of control.  
God, I miss her.”**



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## The Brain Develops Up To Age 30

She's a kid! Even at age 18!  
My son? My baby girl? Never.  
We can “never” assume.  
This is a huge problem!

## Why Can't I Get Better?

Sufferers worldwide are resorting to self-medication (marijuana, alcohol, some prescription pills). These are depressants. They destroy and hinder healing. These are NEVER a solution. These are deadly.

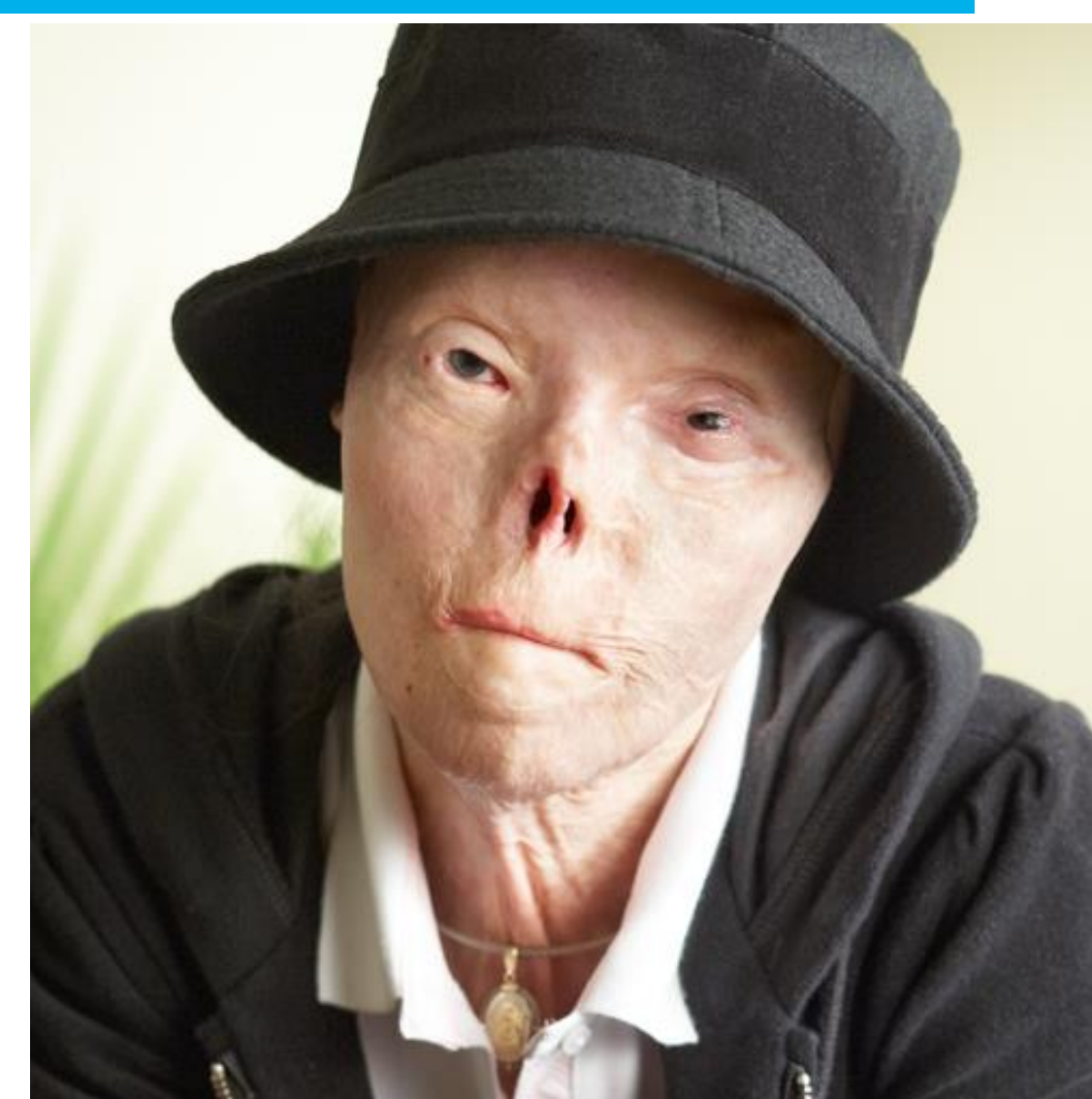


## I've Lost My Desire

Marijuana numbs the brain. It affects the dopamine levels, responsible for our brain's reward system. Screw with your brain, screw with your life. Relaxing? Maybe. Destroying, definitely!

## Ask Jacqueline Saburido

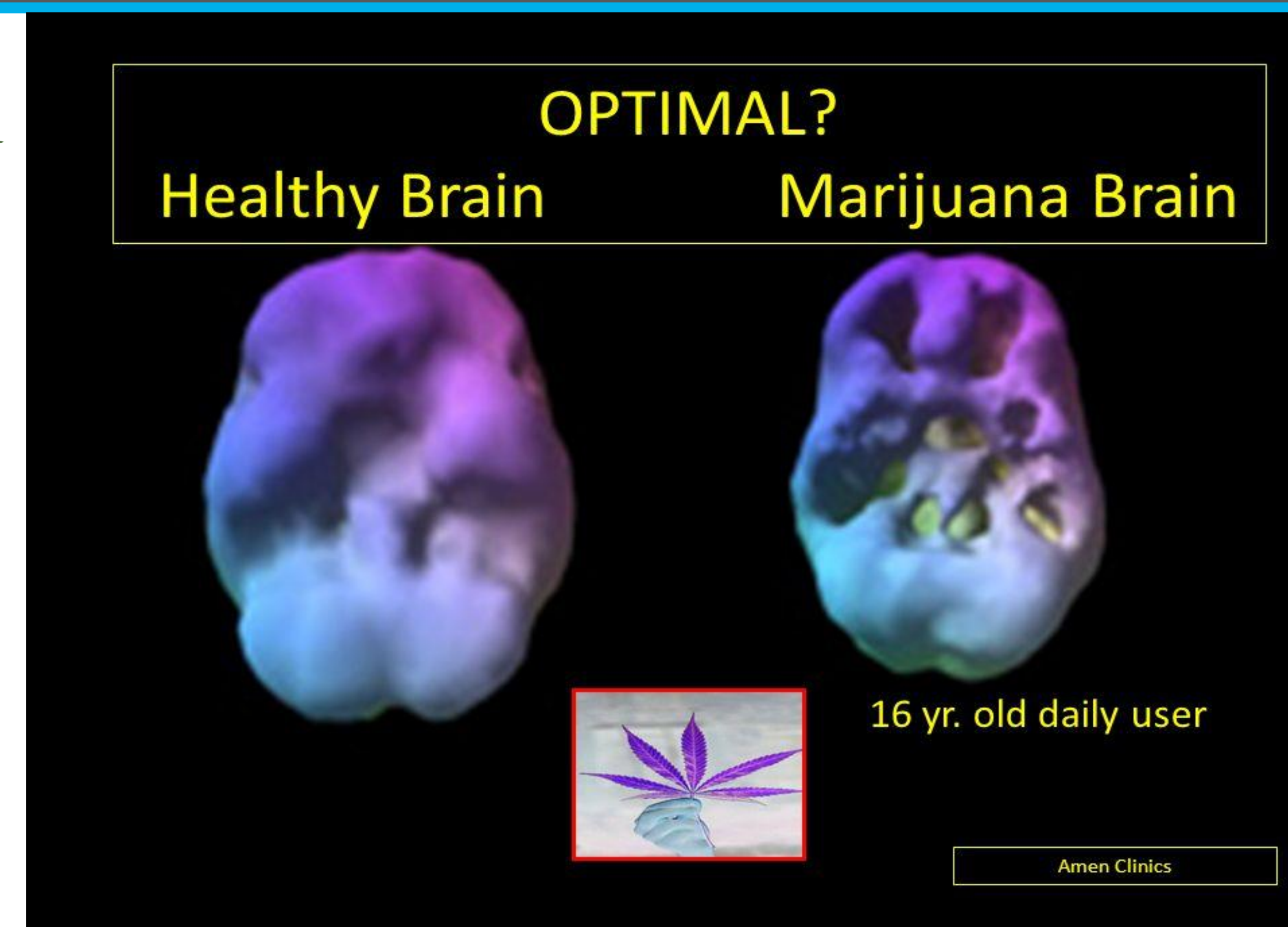
A life can change in one second. It did for Jacqueline. She forgave the driver. The substance never forgave her.



## Still Feeling Depressed?

Marijuana is actually a depressant! Mental illness sufferers beware. Self-medication NEVER works. Marijuana use of any kind will push healing backwards. It also induces psychosis in youth, triggering an early lengthy battle with schizophrenia. It destroys.

## A Picture ... A Thousand Words



## THC Levels

Flying high. Marijuana in 2018 is deadly. THC levels have gone far beyond what once was. Addiction is at an all-time high. Drug pushers know this. *“This guy sells it way cheaper. What else does he have?”* A gateway drug. Our youth are the target. But aren't we all? It's time to say NO!

## Be A Positive Role Model

It's okay, it's legal. Besides, Dad does it. From kindergarten on, we learn that drugs are BAD. Are they all of a sudden good? How about peer pressure? What the hell are we doing? We have a choice. It's our children! It's our future ...



## Stick To The Sidewalks

Impaired driving has never been more rampant. And we are seriously adding a 2nd vice? Half of accidents are now due to pot.

## Not Just A Pretty Flower

Potent. Dangerous. Deadly. Second-hand smoke is only a small part of the problem. Where's the money gone? Education, awareness, policing, treatment. Our problem just got a LOT bigger.

Further discussion at [chrisnihmey.com](http://chrisnihmey.com)  
Resources: Mental Health Links