



# COCAINE AND THE DEVELOPING BRAIN

## A SHORTCUT TO NOWHERE

Teens face higher risks of brain damage if they use cocaine, but only a few studies have attempted to explore why this is the case. As a result, there is a great deal that is unknown when it comes to all of the negative consequences of using while the brain is still developing. One thing that is known is that when teens use cocaine, it damages the brain and that damage has both short-term and long-term effects.

## LONG-TERM EFFECTS

Using cocaine as a teen can increase the chance of developing various disorders:

**Psychiatric:** Psychosis and schizophrenia

**Mood/Anxiety:** Depression, severe mood swings, panic, and general anxiety

**Addiction:** Psychological and physical dependence

**Cognitive:** Decreased attention and memory function

## SHORT-TERM EFFECTS

Cocaine has an immediate and negative impact on a young person's brain. Use can result in a variety of conditions including the early stages of panic and anxiety disorders as well as increased agitation, paranoia, panic, restlessness, and erratic or volatile behavior.





**600,000+  
ADOLESC-  
ENTS HAVE  
EXPERIM-  
ENTED WITH  
COCAINE  
USE.**

## **ADDICTION**

- Cocaine is known to be highly addictive.
- The teen brain is especially vulnerable to addiction.
- There are a variety of treatment options available to those who are suffering from addiction.

## **HOW TO GET HELP**

Like all other drugs, the best way to avoid the negative effects of cocaine on the teen brain is to not use. Having support from peers, community, and family can help someone avoid using cocaine. If use is an issue, there are many places to get help, including:

**National Helpline: 1-800-662-HELP (4357)  
or [www.findtreatment.gov](http://www.findtreatment.gov)**

**A HEALTHY MIND IS  
COCAINE-FREE.**