CANNABIS USE

CANNABIS IN CANADA

The legal age and location to purchase pot will be determined by each individual province. Visit Canada.ca to find out more.

WAIT UNTIL YOU'RE OLDER BEFORE USING CANNABIS
AVOID USING CANNABIS

*Though there are many reasons to use pot, regular use can cause problems.

PEOPLE WHO ARE AT HIGH RISK FOR CANNABIS USE-RELATED HEALTH PROBLEMS, SUCH AS THOSE YOUNGER THAN AGE 16 OR THOSE WITH PREVIOUS OR CURRENT MENTAL HEALTH ISSUES, SHOULD AVOID USING POT ALTOGETHER.

THE CANADIAN PSYCHIATRIC ASSOCIATION CAUTIONS REGULAR USE BEFORE AGE 21.


WHAT MOTIVATES YOU TO USE POT?*

- RELAXES ME
- HELPS ME FIT IN
- HELPS ME SLEEP
- MAKES ME FEEL HAPPY
- HELPS ME FORGET
- CHANGES MY REALITY

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KNOW WHAT YOU ARE GETTING

CANNABIS CAN BE CONSUMED IN DIFFERENT FORMS

ASK ABOUT POTENCY

THC gives you the high
Cannabis with high THC content can result in significantly worse mental health and cognitive outcomes.\(^2\)

CBD can have benefits
Cannabidiol (CBD) is the main non-psychotropic component in cannabis. CBD is found to have a small, but significant relationship to self-reported positive symptoms. The therapeutic properties of CBD are reduced when the cannabis is smoked.\(^3,4\)

WHAT HAPPENS TO YOUR BRAIN?

Regular cannabis use in youth and young adults can affect aspects of cognition, including attention, memory, processing speed, motor skills and overall IQ.\(^5\)

PSYCHOSIS AND REGULAR CANNABIS USE

Rates of cannabis use are higher among people with schizophrenia than among the general population. People who use a lot regularly at an early age (16-18 years) or use high THC potency pot regularly are more likely to develop mental and social health issues.

HIGH CANNABIS USE 2-4 x PSYCHOSIS ONSET

RISK OF PSYCHOTIC SYMPTOMS

Almost half (46%) of all patients diagnosed with cannabis-induced psychosis have the potential to convert to a schizophrenia spectrum disorder. When looking at cannabis specifically, the majority of diagnosis conversions to a schizophrenia spectrum occurred during the first 3 years.

CANNABIS AND PSYCHOSIS

CANNABIS USE WORSENS SYMPTOMS AND FUNCTION IN PATIENTS WITH SCHIZOPHRENIA

Continued cannabis use worsens long term symptom and functional outcomes, greater severity of symptoms, a higher risk of relapse, reductions in medication adherence, and global functioning deficits.

**The PANSS Scale is used to measure severity of psychotic symptoms**
