CANNABIS AND YOU

MENTAL HEALTH

AGE MATTERS

The earlier in life you begin using cannabis, the greater your risk for developing mental health issues

Although many people use cannabis as a coping mechanism, frequent cannabis use can have a harmful impact on mental health

RISKS OF FREQUENT USE

- Mental illnesses such as psychosis or schizophrenia for people with family history of these illnesses
- Increased risk of suicide, depression, and anxiety disorders

ADDICTION

Regular - weekly over months - use of cannabis as a teenager can increase the risk of cannabis addiction

Addiction, although uncommon, is when the dependence gets to a point where you can't stop using even though it is having negative physical, emotional, and psychological effects.

BOTTOM LINE

The best way to protect your health, and your brain, is to not use cannabis

Developed with funding from

Health Canada Santé Canada

BIPOC USHR