118 James Street North, Suite 200
Hamilton ON, L8R 2K7

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.

WHAT MOTIVATES YOU TO USE POT?*

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

*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.


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You will require proper I.D.

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

CBD can have benefits
Cannabidiol (CBD) is the main non-psychoactive component in cannabis

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.

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. Rates of cannabis use are higher among people with schizophrenia than among the general population.

CONVERSION TO SCHIZOPHRENIA AFTER A SUBSTANCE-INDUCED DIAGNOSIS

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**

**References:**

CANNABIS: KEEP THIS IN MIND

- Avoid using cannabis
- Wait until you're older before using cannabis
- Don't use synthetic cannabis
- If using, consider non-smoking methods
- Avoid inhaling too deeply
- Choose cannabis with lower THC levels
- Don't drive while high
- Don't use cannabis everyday


Support for this tool provided by Otsuka-Lundbeck Alliance