



Canadian
Consortium for
**Early Intervention
in Psychosis**

CANNABIS USE

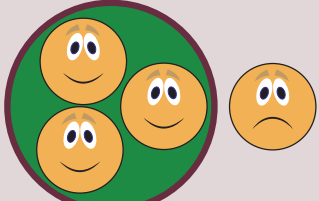


POT • WEED • CHRONIC • GREEN • KUSH • BUD • HERB

WHAT MOTIVATES YOU TO USE POT?*



RELAXES ME



HELPS ME FIT IN




HELPS ME FORGET



MAKES ME FEEL HAPPY



HELPS ME SLEEP



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.^{1,2}



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.



DON'T BUY POT FROM THE STREETS



You will require proper I.D.

1. Fischer B, et al. Lower-Risk Cannabis Use Guidelines: A Comprehensive Update of Evidence and Recommendations. *Am J Public Health*. 2017;107(8):e1-e12.
2. Tibbo P, et al. Implications of Cannabis Legalization on Youth and Young Adults. *Can J Psychiatry*. 2018;63(1):65-71.

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 outcomes²



CBD

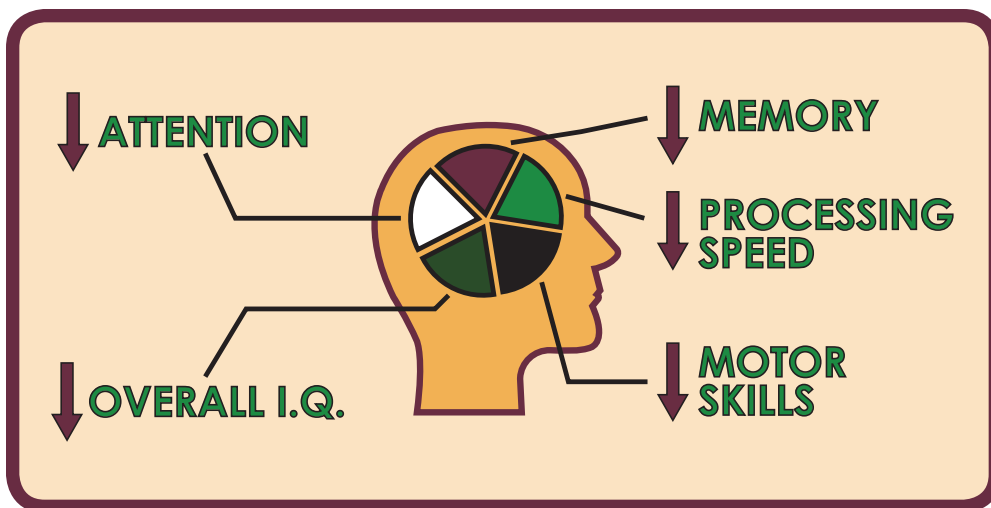
can have benefits

Cannabidiol (CBD) is the main non-psychoactive 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

3. Marco EM, et al. Endocannabinoid system and psychiatry: in search of a neurobiological basis for detrimental and potential therapeutic effects. *Front Behav Neurosci.* 2011;5:63.

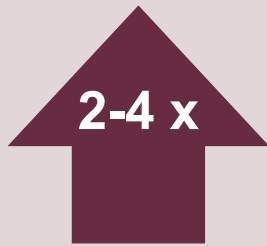
4. Schubart CD, et al. Cannabis with high cannabidiol content is associated with fewer psychotic experiences. *Schizophr Res.* 2011;130(1-3):216-221.

5. Canadian Consortium for Early Intervention in Psychosis. Position Statement on Cannabis Legalization. Available at: <http://epicanada.org/news/cceip-position-statement-on-cannabis-legalization/>. Accessed January 18, 2018.

PSYCHOSIS AND REGULAR CANNABIS USE

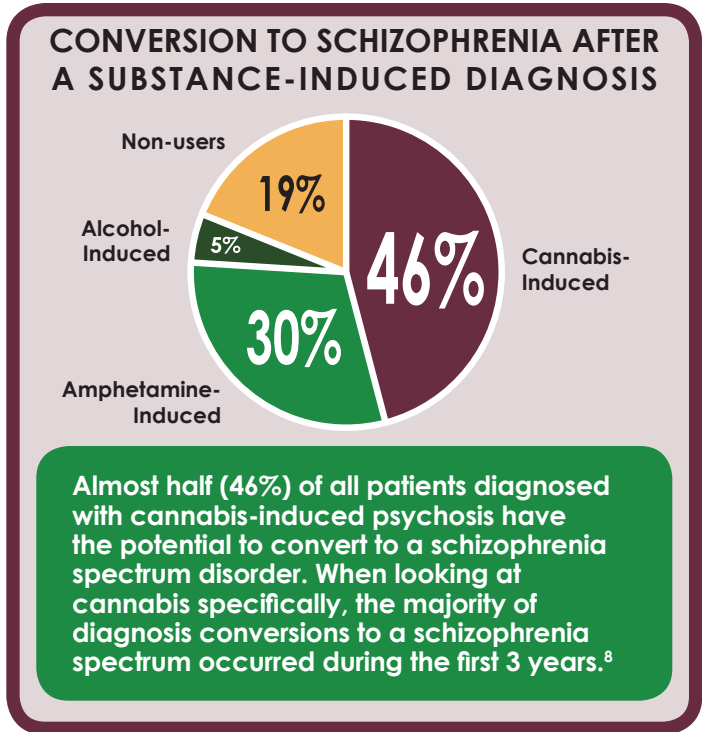
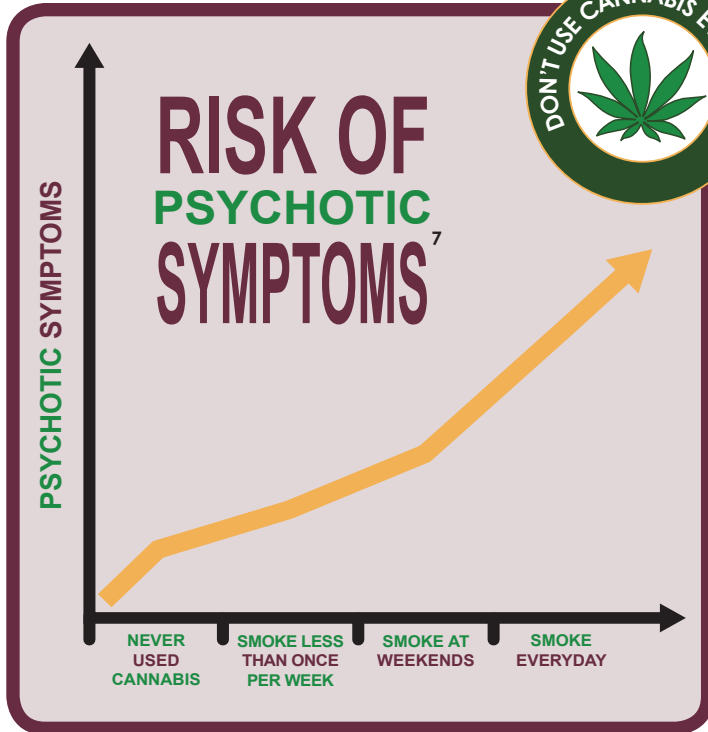
Rates of cannabis use are higher among people with schizophrenia than among the general population⁶

**HIGH
CANNABIS
USE**



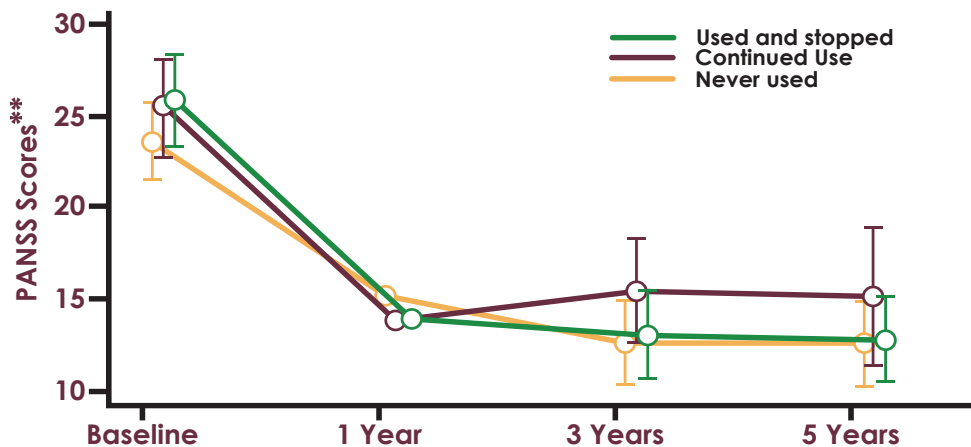
**PSYCHOSIS
ONSET**

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.¹



CANNABIS AND PSYCHOSIS

CANNABIS USE WORSENS SYMPTOMS AND FUNCTION IN PATIENTS WITH SCHIZOPHRENIA⁹



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

6. Arseneault L, et al. Causal association between cannabis and psychosis: examination of the evidence. *Br J Psychiatry*. 2004;184:110-117.
 7. Forti MD, et al. Proportion of patients in south London with first-episode psychosis attributable to use of high potency cannabis: a case-control study. *The Lancet Psychiatry*. 2015;2(3):233-238.
 8. Niemi-Pynttari JA, et al. Substance-induced psychoses converting into schizophrenia: a register-based study of 18,478 Finnish inpatient cases. *J Clin Psychiatry*. 2013;74(11):e94-99.
 9. González-Pinto A, et al. Cannabis and first-episode psychosis: different long-term outcomes depending on continued or discontinued use. *Schizophr Bull*. 2011;37(3):631-639.

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**

Fischer B, et al. Lower-Risk Cannabis Use Guidelines: A Comprehensive Update of Evidence and Recommendations. *Am J Public Health*. 2017;107(8):e1-e12.