

Know the Health Effects



After alcohol, cannabis is the most widely used substance in Canada.



MENTAL HEALTH

Chronic use is related to mild cognitive impairments and an increased risk of psychosis

2X

CANNABIS AND DRIVING

Cannabis can negatively affect driving performance and doubles the risk of collision



CANNABIS AND RESPIRATORY EFFECTS

Frequent cannabis smoking has been consistently related to a greater incidence of coughing and breathing problems



CANNABIS USE DURING PREGNANCY

Heavy use during pregnancy negatively affects children's cognitive functioning and mental health, and may increase the likelihood of future substance use

STAY INFORMED!



Canadian Centre
on Substance Abuse
Centre canadien de lutte
contre les toxicomanies

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