

CANNABIS USE AND **PSYCHOSIS**

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Regular use of cannabis at an early age, including high THC potency cannabis, can be linked to mental health issues, such as psychosis and schizophrenia.

CANNABIS: KEEP THIS IN MIND



**AVOID
USING
CANNABIS**



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



**DON'T USE
SYNTHETIC
CANNABIS**



**IF FAMILY HISTORY
OF PSYCHOSIS,
ABSTAIN
FROM USE**



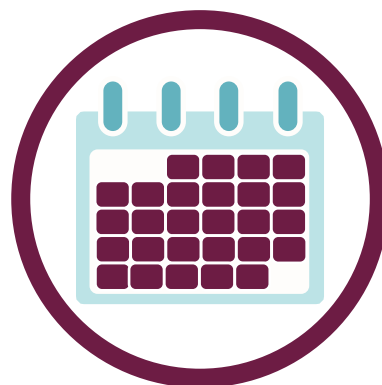
**AVOID
INHALING
TOO DEEPLY**



**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.
Didier Jutras-Aswad Research Laboratory. Psychosis and cannabis. Accessed March 17, 2026. <https://labo-jutras-aswad.ca/en/psychosis-cannabis/>

Once diagnosed with a psychotic disorder, continued use of cannabis can affect symptomatic and functional outcomes, as well as overall recovery.

Seek help if you are struggling to follow these guidelines.