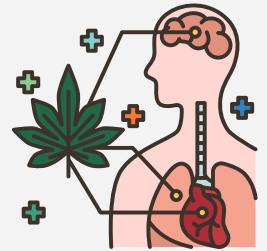


CANNABIS AND PSYCHOSIS

Cannabis use does not cause psychosis itself, however using cannabis can increase the risk of developing psychosis, particularly if you ...

- Have a family history of psychosis
- Have a history of cannabis use from an early age
- Currently use high potency cannabis products
- Currently use cannabis frequently (1x or more per week)



Not using cannabis is the safest strategy, however some individuals may choose to continue using cannabis. Below are some strategies to reduce the likelihood of difficulties associated with cannabis use.

9 Strategies for Safer Use

<p>Start low and go slow Start with low doses, wait to feel the effects before using more</p>	<p>Consider time and place Exercise judgment around when and where it is appropriate to use cannabis</p>	<p>Consider the type of cannabis product you are using Avoid cannabis with high THC potency. Instead, go for products with more CBD</p>
<p>Use safer smoking practices THC only takes a couple of seconds to absorb into your system. If you hold in smoke longer, it will do more damage to your lungs</p>	<p>Reduce amount and/ or frequency of use Daily use is linked to higher risk than amount used</p>	<p>Use natural products Use products derived from the cannabis plant, rather than synthetic products</p>
<p>Stick to just one substance This strategy can reduce physical risks associated with smoking, and risks related to increased impairment</p>	<p>Plan ahead Plan your transportation prior to using cannabis. Driving high is dangerous and you could lose your license</p>	<p>Know your risk factors Consider what might increase your risk, such as history of trauma, age, pregnancy, etc</p>

**THINK ABOUT SOME OF THE REASONS YOU MAY BE USING CANNABIS,
AND CONSIDER THE PROS AND CONS**

Why I Use Cannabis	Pros	Cons
<i>Example: emotional regulation</i>	<i>It helps me deal with uncomfortable emotions</i>	<i>It doesn't change the things causing those emotions</i>
<i>Example: to socialize</i>	<i>I see my friends when I smoke</i>	<i>It makes me socially anxious</i>

What did you take away from this exercise? Do the pros outweigh the cons? Consider discussing this with your health care provider or EPI team.

What you can do with this information:

- Discuss it with a trusted friend
- Consider decreasing cannabis use, if you want to
- Think of other ways to achieve the same benefits

