

# CANNABIS USE AND **PSYCHOSIS**

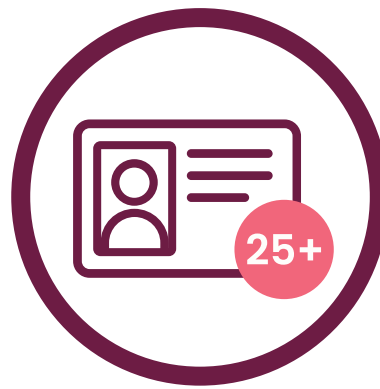
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Regular use of cannabis at an early age, including high THC potency cannabis, can be linked to mental health issues, such as psychosis and schizophrenia.

## 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.