

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

Know the health effects.



## Mental Health

Daily or near daily use may increase the risk of psychotic symptoms.



## Driving

Cannabis can impair your motor coordination, judgement and other skills required for safe driving.



## Respiratory Effects

Greater incidences of coughing and breathing problems are associated with long-term cannabis smoking.



## Pregnancy

Cannabis use during pregnancy has been linked to low birth weight.



**Stay Informed.** For more information and references, please visit [ccsa.ca](https://www.ccsa.ca).



Canadian Centre  
on Substance Use  
and Addiction

Evidence. Engagement. Impact.