Mental Health
Daily or near-daily use of cannabis can contribute to dependence and mental health problems over time.

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

Respiratory Effects
Toxic and carcinogenic chemicals found in tobacco smoke are also found in cannabis smoke, and can affect the lungs and airways.

Pregnancy
Substances in cannabis are transferred from mother to child and can affect your baby. Not using cannabis if pregnant or breastfeeding is the safest option.

Edible Cannabis
Consuming too much THC can lead to over-intoxication, which includes intense anxiety, vomiting and symptoms of psychosis (paranoia).

Cannabis Extracts
Cannabis extracts with high THC content increase the risk of over-intoxication and addiction.

Stay Informed
ccsa.ca/cannabis
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Canadian Centre on Substance Use and Addiction