



people at risk of developing problems with cannabis use

- not everyone has problems with cannabis
- some groups of people are more at risk than others
- people can have physical problems, reactions like panic and anxiety, as well as develop dependence
- these problems can happen at any stage of cannabis use

people with mental health problems

- it has not been proven that cannabis *causes* mental health problems
- some people use cannabis and develop mental health problems
- cannabis can make mental health problems worse
- cannabis has been linked to depression, anxiety, psychosis and schizophrenia
- people with symptoms of, or who have these problems, should avoid cannabis
- if people with mental health problems use cannabis they should discuss it with their doctor
- people with a family history of mental illness are strongly advised not to use cannabis

factors that put young people at risk of cannabis problems

- heavy use as a young teenager (under 16)
- being stressed
- having poor parenting
- dropping out of school
- having friends that use cannabis
- leaving home early
- daily cigarette smoking
- having easy access to cannabis
- positive experiences of cannabis use at a young age

Take home message:

Young people and those with mental health symptoms or illnesses are more likely to have problems when using cannabis