



cannabis and mental health

cannabis and psychosis

- it is rare, but some people may have a short-term psychotic episode (difficulty working out what is real) after heavy use. Psychosis causes unusual thinking, feelings or behaviour and can last up for a few hours to two to three days
- cannabis can 'unlock' psychotic symptoms in people who have a mental disorder but show no symptoms before using the drug

cannabis and schizophrenia

- schizophrenia is a type of psychosis. A symptom of schizophrenia includes hallucinations (seeing or hearing things that aren't there)
- cannabis can trigger schizophrenia amongst those who are at risk, e.g. they have a family history of schizophrenia
- people with schizophrenia are strongly advised not to use cannabis

cannabis and depression

- people who use cannabis are more likely to experience depression
- using cannabis regularly and early in life may increase the risk for depression

cannabis and anxiety

- people sometimes use cannabis to calm anxiety but find it makes them more panicky and anxious in the long-term

cannabis and suicide

- using cannabis heavily can place a young person at risk of suicide

Take home message:

People who have a mental illness or have previously had symptoms should not use cannabis as it can make their condition worse