

# Know the Health Effects



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



## MENTAL HEALTH

Chronic use is related to mild cognitive impairments and an increased risk of psychosis

2X

## CANNABIS AND DRIVING

Cannabis can negatively affect driving performance and doubles the risk of collision



## CANNABIS AND RESPIRATORY EFFECTS

Frequent cannabis smoking has been consistently related to a greater incidence of coughing and breathing problems



## CANNABIS USE DURING PREGNANCY

Heavy use during pregnancy negatively affects children's cognitive functioning and mental health, and may increase the likelihood of future substance use

**STAY INFORMED!**



Canadian Centre  
on Substance Abuse  
Centre canadien de lutte  
contre les toxicomanies

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