



Psychiatric Conditions and Cannabis Use



Pre-legalization trends in cannabis-related hospitalizations in Canada, 2006–2015



Cannabis use related hospitalizations for mental and behavioral disorders **more than doubled**



Cannabis related psychotic disorder **tripled**



Hospitalization among individuals aged 15–24 **increased 19 times**

- Two-thirds of those hospitalized were male
- About half were aged 15–24

Using cannabis **increases the risk** of developing psychosis and schizophrenia, even if there is no family history of these disorders.

Ways to Reduce Risk While Using Cannabis

From the *Lower-Risk Cannabis Use Guidelines*



Avoid synthetic cannabis products



Use products with less than 100 mg/g THC



Reduce the amount and how often it is used



Wait as long as possible before starting to use

Many factors influence substance use, including brain development and experiences of trauma. If you find it difficult to follow these tips, there are community-based mental health supports available to you.



Canadian Centre on Substance Use and Addiction

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