

Know the Health Risks of Cannabis



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

Evidence. Engagement. Impact.