



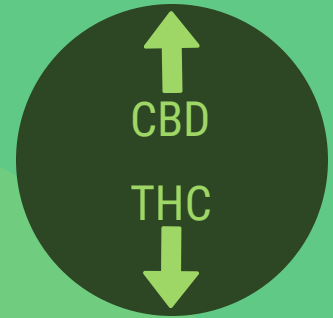
## Delay use until later in life

Early use (before age 18) is correlated with higher rates of psychosis. Since the brain is still developing until around age 25, it's best to wait until you're at least of legal age to use cannabis.



## Use less often

More frequent use is associated with higher rates of psychosis as well. Also using daily or more can lead to creating a more harmful relationship with cannabis in the long run. If you choose to use, try to use less than once per week, or ideally once per month.



## Choose a cannabis with low THC and high CBD

CBD is thought to have a protective factor against psychosis, while THC can trigger/aggravate psychosis.



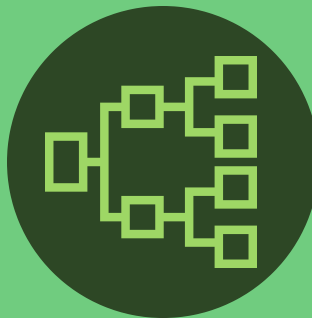
# TIPS & TRICKS

## About Cannabis Use and Psychosis



## Know what's in your cannabis

Legal suppliers have to go through checks to ensure that they are offering a safer, more consistent product. The illicit market will be less accurate with what is in their product, and products might contain harmful additives.



## Know your family history

A family history of psychosis or other mental health challenges means that you are more at risk of developing harms from cannabis use.



## Listen to your negative experiences

People may have bad experiences when using cannabis. Whether it's a bad trip or maybe cannabis-induced psychosis - it's important to pay attention and explore further what these experiences mean for you.