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

**Mental Health**
Daily or near daily use may increase the risk of psychotic symptoms.

**Driving**
Cannabis can impair your motor coordination, judgement and other skills required for safe driving.

**Respiratory Effects**
Greater incidences of coughing and breathing problems are associated with long-term cannabis smoking.

**Pregnancy**
Cannabis use during pregnancy has been linked to low birth weight.

**Stay Informed.** For more information and references, please visit ccsa.ca.