

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](https://www.ccsa.ca).



Canadian Centre
on Substance Use
and Addiction

Evidence. Engagement. Impact.