



EPION

EARLY PSYCHOSIS INTERVENTION
ONTARIO NETWORK

MY *Cannabis IQ*

Know the drug.
Know yourself.
Know the risks.

DRIVING HIGH IS STILL A DUI.

Cannabis use can impair driving, and the impairment is worse when used with alcohol.

CANNABIS + THE BRAIN

Brains develop until age 25, meaning younger users are at a higher risk. Cannabis impairs cognition and emotions. Psychotic symptoms that may be triggered include: paranoia, disorganized thoughts and speech, delusional thinking, hallucinations.

MENTAL HEALTH HISTORY

Know your family's mental health history as well as your own. You may have a genetic vulnerability to psychosis, or should consider abstaining if you have already experienced psychosis. The prognosis is not as good, and it can interfere with other medications.

THC vs. CBD

Know your THC to CBD ratio. Higher CBD may be protective for psychosis, but higher levels of THC increases the risk of psychosis.

SAFER METHODS

Abstaining from cannabis use is the least risky choice.

Otherwise:

- start low, go slow
- know your source & strain
- wait until age 25

IT'S LEGAL. IS IT HEALTHY?

For more resources, please visit:
mycannabisIQ.ca

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