CANNABIS IMPACT ON YOUTH UNDER 25

AVOID CANNABIS USE UNTIL 25 YEARS OF AGE



This is a key period of brain development.

Use at an earlier age increases the likelihood of developing anxiety and depression disorders as well as other mental health concerns later in life.

CANNABIS USE IS RELATED TO MENTAL HEALTH RISKS



Regardless of the method of consumption.

Risks include: addiction, psychosis and other mental health problems, impaired cognition and judgement.

1 in 11 users become addicted.

CANNABIS USE DURING TEENAGE YEARS



Evidence suggests that:

For those who start using cannabis during teenage years, the risk of addiction rises to **1 in 6**.

CANNABIS USE UNDER 25 YEARS OF AGE



Increases the risk of developing health, educational and social issues.



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"