



# Cannabis and Psychosis Some helpful info:



**Cannabis use can seriously affect an individual's mental health. Here is some quick info on cannabis, psychosis, and mental health.**



## What is cannabis?

Cannabis is a psychoactive drug that alters thoughts, awareness, and mood. Cannabis is made up of more than 100 cannabinoids but the two most well-known are THC (delta-9-tetrahydrocannabinol) and CBD (cannabidiol)



## How does cannabis affect mental health?

Cannabinoids affect our body mainly by interacting with a system called the endocannabinoid system. The endocannabinoid system controls our memory, mood, sleep, appetite and fertility. Cannabis affects areas of the brain that are still being developed.



## Further info:

- THC is the psychoactive substance in cannabis plant that gives you a 'high'
- CBD is an active ingredient in cannabis that is derived from the hemp plant and is not associated with causing a 'high'



## What is psychosis?

Psychosis is the name given to a collection of symptoms including hallucinations, delusions, disorganized thinking, low motivation, impaired emotional expression, and impaired social functioning.



## What are some of the risk factors between cannabis use and developing psychosis ?

Some risk factors which may contribute to this association include high potency (high THC) cannabis, use at an early age, family history of psychosis, and individual genetic vulnerabilities.



## What are some of the determinants of use?

Some contributing factors to exposure to cannabis include peer pressure, lower socio-economic status, and problematic relations with friends and family.



## Can cannabis help my psychosis?

No. There is no research to support the use of cannabis to treat mental illness. Currently, there are no cannabis based products approved which can be recommended in the treatment for psychosis in Ireland.



**Cannabis users are up to **3-4** times more at risk of developing psychosis than non users**



## What are the psychological and physiological effects?

Using cannabis triggers mental health problems in people who seemed to be well before, or it can worsen any existing mental health problems. It also affects areas of the brain that are still being developed.



## Is Cannabis addictive?

Yes, cannabis is addictive and can lead to cannabis use disorder. However, not everyone who uses cannabis will necessarily develop an addiction.



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