



GETTING HIGH can leave you FEELING LOW

Some people use cannabis to relax or cope.
But it can actually make things worse.

Daily or near daily use can increase symptoms
of anxiety or depression and can harm memory
and attention span.

Protect your mental health and brain function:

- Reduce cannabis use
- Choose products with less THC
- Talk to someone you trust – a friend,
family member or healthcare professional



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[CANADA.CA/CANNABIS](https://canada.ca/cannabis)**



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