

CANNABIS – KNOW THE RISKS

Cannabis can be addictive.

Some people who try to quit using cannabis experience withdrawal symptoms such as irritability, sleeping difficulties, cravings and anxiety. Dependency happens in about nine per cent of cannabis users. The risk is nearly two times greater if you start using cannabis when you are a teen or young adult. Likewise, if you begin using cannabis multiple times a week, the risk of becoming dependent increases to between 25 per cent and 50 per cent.

If you or someone you know is struggling with a dependency, contact the youth addictions centralized intake service: 1-877-710-3999, or the [Manitoba Addictions Helpline](https://www.manitoba.ca/addictions/helpline) at 1-855-662-6605.

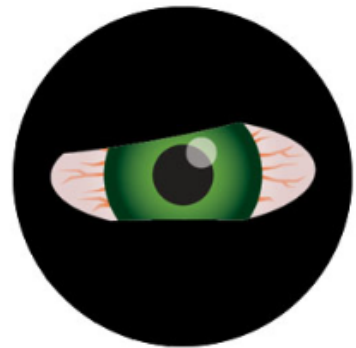
For more information, see [cannabis and health](#).



Cannabis can lead to depression and anxiety.

If you start using cannabis in your early teens, if you use cannabis more than a few times a week, or if you take very high doses of THC and low doses of CBD, you increase your risk of developing mental illnesses such as anxiety and depression, and psychotic disorders including schizophrenia and bipolar disorder, and cannabis dependency.

For more information, see [cannabis and health](#).



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Cannabis will affect brain development.

Public health experts recommend that young people delay cannabis use as long as possible to avoid harming brain development.

For more information, see [cannabis and health](#)



Cannabis will impair the ability to drive.

Many scientific studies show that cannabis use doubles your risk of being in a car accident. If you have consumed cannabis, it is the safest decision not to drive until the next day.

It is illegal to operate a motor vehicle while impaired by a drug, including cannabis. Persons who do so can be charged and face penalties under the Criminal Code and also receive sanctions, such as driver's licence suspensions, under the Highway Traffic Act. Drivers who get behind the wheel while high pose a risk of injury or death to themselves and others and could face serious legal consequences.

For more information, see [cannabis and health](#).



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Cannabis can harm your baby.

Experts recommend against using cannabis if you are pregnant or trying to become pregnant. Heavy cannabis users, particularly those who also use tobacco, have a greater risk of having a premature baby. These babies may also:

- Have a lower birth weight.
- Experience lower alertness.
- Grow at a slower rate.
- Demonstrate memory and attentiveness problems as they get older.

Don't use cannabis to treat symptoms of morning sickness; there are better, safer ways to deal with it. Talk to your health care provider to find out what option is best for you.

Cannabis use can also affect breastmilk; THC passes into breastmilk and then enters the baby's brain and fat cells, where it can remain for weeks. Avoid using cannabis while breastfeeding.

For more information, see [cannabis and health](#).



Street cannabis isn't worth the risk.

If you buy cannabis, make sure to get it from a licensed retail store that offers a wide selection of legal products.

Street, or black market cannabis offers you no quality control in terms of strength or purity. It may contain traces of pesticides and even other drugs that could put your life at risk.

When you support the black market, you have no idea whether or not your money will go to fund other illegal activities. Buying cannabis from a black market supplier puts you at risk of arrest and fines.

To find a licensed cannabis retailer in Manitoba, please see [Manitoba's Retail Cannabis Framework](#).

