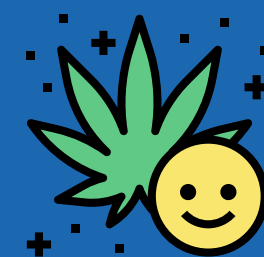




What youth want you to know about

CANNABIS & PSYCHOSIS



Cannabis and psychosis are incredibly complex and so is the link between them. Hear what young people want their peers to know when navigating these subjects.

RESPECT PEOPLE'S CHOICES

"It's not fair to dictate how someone should or shouldn't live their lives. You don't know their circumstances, or what other factors like housing, life circumstances are effecting them."

- Leif Harris



UNDERSTAND YOUR ROLE AS A SUPPORT PERSON

"If a loved one develops psychosis, I want to make sure that people don't blame themselves for not stopping their loved ones from using cannabis. At the end of the day it's an individual decision and we can't determine mental health outcomes."

- Kristy Allen

LISTEN TO PEOPLE'S EXPERIENCES

"Contact-based education is life-changing because you realize when you talk to people that have experienced these life events that they're still real people and that it's not their whole identity."

- Ally Campbell



UNDERSTAND WHAT WORKS FOR YOU

"When considering your cannabis use, figure out what works for you. Don't be afraid to seek out the resources if you need them - they're all there!"

- Armaan Fallahi

KNOW THAT RECOVERY IS POSSIBLE

"Recovery is possible when we're talking about psychosis. We're talking about risks and that it's a whole range of challenges, but I've grown a lot through it. I think my worldview and who I am is stronger than what it was before."

- Ilyas Khamis

