

Additional resources related to cannabis and psychosis

[The Lower-Risk Cannabis Use Guidelines for Psychosis \(LRCUG-PSYCH\)](#) are evidence-based recommendations for reducing psychosis-related risks when using cannabis. The guidelines aim to empower individuals to understand the potential risks related to their cannabis use and to make choices about their consumption to help reduce their individual risk of adverse psychotic outcomes. Two of our project's scientific advisors, Dr. Phil Tibbo and Dr. Didier Jutras-Aswad, contributed to these guidelines and continue their work to better understand the relationship between cannabis and psychosis.

[Schizophrenia Society of Canada \(SSC\)](#) The SSC is committed to transforming how people think: we seek to be a visionary in advocating for a transformed mental health system based upon the recovery philosophy and to build a Canada where people living with early psychosis and schizophrenia achieve their potential. Cannabis and Mental Health and Cannabis and Psychosis are both projects of the SSC.

[Early Psychosis Intervention Ontario Network \(EPION\)](#) is a network of people who work in early psychosis intervention (EPI) services in Ontario, individuals who have received EPI services, and their family members and caregivers. The EPI network shares knowledge and best practices to support implementation and improvements to EPI care. The EPION website provides valuable information about how to find care for a loved one who may be experiencing signs and symptoms of psychosis.

[Canadian Consortium for Early Intervention in Psychosis \(CCEIP\)](#) is a non-profit organization of clinicians and researchers who are involved with early psychosis programs. CCEIP aims to enhance care for Canadians experiencing early phases of psychosis through improved service models, the generation and translation of knowledge, and engagement with knowledge holders. The CCEIP website hosts many relevant resources and tools including podcasts and presentations by expert speakers.

Resources for parents and caregivers

[Get Sensible's Guiding Principles of Education](#) resource provides parents with the necessary tools to approach a conversation about cannabis with young people.

[Cannabis Use and Youth: A Parents Guide](#) provides valuable information about approaching a conversation with youth about safer cannabis use.

[Cannabis Talk Kit](#) resource helps families navigate the cannabis landscape and engage their youth in conversations about the potential benefits and harms related to cannabis use.

[Centre for Addiction and Mental Health's info sheet](#) on recreational cannabis for parents, guardians, and caregivers of youth in grades 5 to 12. This resource aims to provide information



about cannabis, legalization, risks, signs of a problem, and where to get more information or support if your child needs help.

[Kids Help Phone](#) cannabis information site that highlights potential health effects of cannabis, how to reduce risks, and other support information.

Other resources

[9-8-8 Suicide Crisis Helpline](#) is a nationally available crisis support hotline that offers talk and text support 24 hours a day, every day of the year. When reaching 9-8-8 for support, users will be directed to a responder at one of nearly 40 local, provincial and territorial, and national crisis lines.

[Kids Help Phone](#) offers free, bilingual, 24/7 e-mental health counselling support services from trained professionals for youth up to age 20.