

CANNABIS MYTHS



MYTH

VS

FACT

1

Cannabis can help with anxiety

Individuals with cannabis use disorder were three times more likely to have major depressive and general anxiety disorder compared to the general population.



2

Cannabis can help me socialize

Research suggests that individuals with social anxiety may experience more cannabis-related problems.



3

Cannabis can help with sleep

Cannabis can improve sleep onset, but tolerance develops quickly, leading to disrupted sleep & circadian rhythm. Sleep problems can be a sign of cannabis withdrawal.



4

Cannabis can help with depression

Cannabis is not a proven treatment for depression. In a psychiatric patient study, medical marijuana users showed worse outcomes compared to nonusers.

