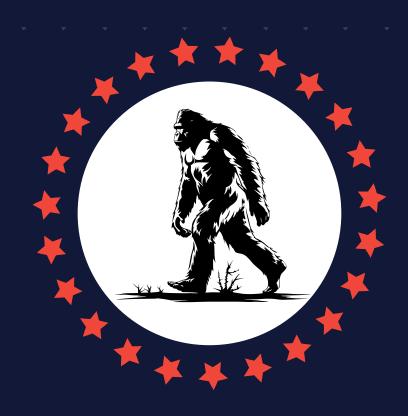
CANNABIS MYTHS





MYTH



FACT

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.



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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.

