



Barrier Breakers Inc

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Barrier Breakers Fact Sheet.

Cannabis and Mental Health

Where There's Smoke, a landmark report released by the Mental Health Council of Australia (MHCA) found strong associations between mental illness and cannabis, although this is not the same as a causal link.

The evidence increasingly suggests that regular cannabis use, particularly by those who begin using at a young age, increasing the risk of mental illness.

There is evidence of a genetic vulnerability to psychosis being, in effect, triggered by cannabis use. Nonetheless, the social context in which cannabis use occurs clearly contributes to the strong association between cannabis use and mental illness.

The evidence shows that:

- Cannabis use precipitates schizophrenia in people who have family history of that mental illness.
- There is a 2-3 times greater incidence of psychotic symptoms among those who used cannabis, however, the epidemiological data shows that cannabis cannot be considered a major causal factor.
- More frequent cannabis use is associated with higher relapse rates for people with psychosis and more severe symptoms were associated with increased risk of cannabis relapse.
- Cannabis can induce schizophrenia-like symptoms in otherwise healthy individuals.
- There is little evidence to support the idea that people commence using cannabis because of pre-existing illness, however it may be a factor in continuing to use cannabis (to alleviate the symptoms)
- There is no clear causal link between cannabis and depression; however there appears to be a link between early and regular cannabis use and later depression.
- The link between suicide and cannabis use remains to be clarified.
- There has been too little research into the links between cannabis and other mental illnesses such as Bipolar Disorder and Personality Disorders to draw conclusions.
- There is no doubt that heavy cannabis users suffer significant cognitive impairment for up to a week after cessation of use but there does not appear to be either lasting or cognitive impairment.

Information printed with the consent of the Mental Health Council of Australia.

