



Where is the evidence?

Additional information and references

This guide was developed in conjunction with the [Cannabis and mental health course](#), produced by youth involved in the Cannabis and Psychosis project. Therefore, much of the content is based on resources featured on the Cannabis and Psychosis website.

Some of the publications and sources that helped us better understand the assumptions, thoughts and experiences of Canadian youth include:

- Canadian Centre on Substance Use and Addiction's Talking Pot with Youth: A Cannabis Communication Guide for Youth Allies
- Health Canada's Talk About Cannabis
- McCreary Centre Society's Balance and Connection in BC: The health and well-being of our youth and BLUNT TALK II)
- University of Waterloo's Cannabis Use and Mental Health
- Canadian Students for Sensible Drug Policy's Sensible Cannabis Education: A toolkit for educating youth
- University of Victoria's Cannabis Use and Youth: A parent's guide
- Wise Practices' Life Promotion Toolkit by Indigenous Youth

Our understanding of the constructivist education approach and use of open-ended dialogue questions come from the Helping Schools and Dialogue Resources sections of the Canadian Institute for Substance Use Research website.

We were also inspired by insights of front-line workers, such as counsellors, influenced by the work of Dr. Gabor Mate, Dr. Bruce Alexander and other well-known professionals who promote both self-management and a socioecological approach to addressing substance use problems.

Note: Many of the activities in this guide refer directly to the sources used in their creation.

DISCLAIMER

The information, tips and tools in this resource are meant to inspire self-management not replace professional psychological or medical advice. If you are struggling with a mental or physical problem, seek help from professionals.