

# Support for Indigenous Youth: Choosing to Stay Cannabis-Free



Cannabis has chemicals in it that can affect your brain and body.



Smoking or vaping cannabis can impact your breathing, lungs, heart, and mental health, both right away and in the future.



To protect your health and well-being, it's best not to use cannabis.



By saying no to cannabis, you can be a positive role model in your community.



Call **1-855-242-3310** or connect to the online chat at **[hopeforwellness.ca](https://hopeforwellness.ca)**

If you want to talk to someone about cannabis use, Hope for Wellness is a free, 24/7, culturally safe resource.

For more information about the Indigenous Tobacco Program, visit **[tobacchowise.cancercareontario.ca](https://tobacchowise.cancercareontario.ca)** or email **[tobacchowise@ontariohealth.ca](mailto:tobacchowise@ontariohealth.ca)**

Need this information in an accessible format?

1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca).

Document disponible en français en contactant [info@ontariohealth.ca](mailto:info@ontariohealth.ca). CQP71442



**Ontario Health**  
Cancer Care Ontario