



NUQUITS.CA
1-866-368-7848

FACT SHEET

Cannabis, Nicotine and Mental Health



Mental health and physical health are linked

Tobacco, vaping and cannabis use affect your physical health, like your lungs, and your mental health, like your mood.



Nicotine is harmful to young brains

- Nicotine is a highly addictive drug in tobacco products and many vapes.
- It is not risk-free, especially for pregnant or breastfeeding women and young people.
- Nicotine can affect your mood, memory, impulse control and focus.



Cannabis affects your brain

- Cannabis can worsen anxiety and depression. It can also trigger psychosis.
- Cannabis affects your focus, concentration and memory. In youth, it affects learning and emotional regulation.



DID YOU KNOW?

The brain keeps developing until age 25. Nicotine and cannabis can interfere with healthy brain development.

What happens if I stop?

If your brain is used to getting nicotine or THC, you might experience withdrawal when you stop.

- Withdrawal symptoms can include:
 - ~ irritability
 - ~ restlessness
 - ~ anxiety
 - ~ depression
 - ~ difficulty sleeping
 - ~ difficulty concentrating



GOOD NEWS
SYMPTOMS IMPROVE
AFTER QUITTING

The benefits of quitting or reducing use can be seen very quickly!

- **Within 20 minutes** – blood pressure and heart rate drop to normal.
- **Within 48 hours** – sense of taste and smell improve, risk of heart attack decreases.
- **Within 72 hours** – breathing becomes easier.
- **Within 2 weeks** – lung function improves up to 30% and physical activity becomes easier.
- **Within 9 months** – coughing, congestion, fatigue, and shortness of breath decrease



References

For a list of references, email tobacco@gov.nu.ca

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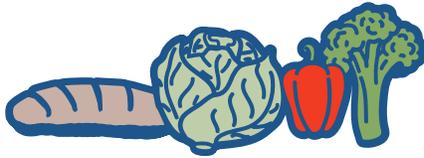
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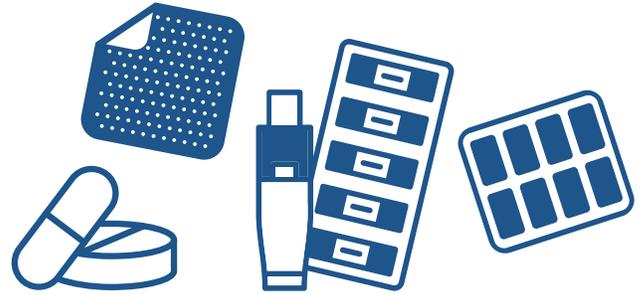
Self care will improve your mental health

- Eat well, exercise regularly and get enough sleep.
- Spend time with people you love and trust.
- Avoid harmful substances like tobacco, vaping and cannabis.
- Make time for activities that make you feel healthy, strong and fulfilled.



Mental Health Supports

- Talk to trusted Elders, family and friends
- Call or visit your health centre to get help from a health care provider
- Nunavut Kamatsiaqtut Help Line: 1-800-265-3333
- Healing by Talking Program: 1-888-648-0070
- Visit www.gov.nu.ca/en/health/mental-health-resources



Quit Supports

If tobacco, vape or cannabis use is affecting things like your mental health, well-being or relationships, there are many supports to help you reduce or quit.

Visit your health centre or local pharmacy for nicotine patches, gum, lozenges, inhalers and mouth spray at no cost. Talk to your doctor, nurse or local Community Health Representative.



Contact the QuitLine

Toll free: 1-866-368-7848
Email: tobacco@gov.nu.ca



See **NuQuits** on Facebook.



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