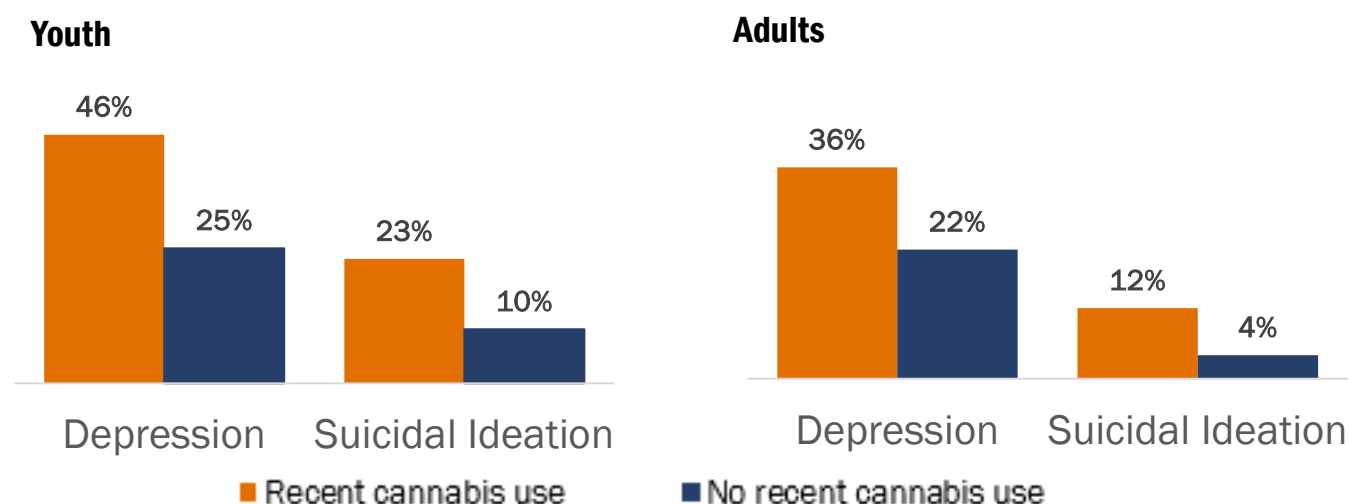


# Cannabis Use and Mental Health

Depression and suicidal ideation are higher among Vermonters with recent cannabis use.

Studies show a connection between cannabis use and both depression and suicidal ideation.<sup>1,2,3,4,6</sup> While this link is not necessarily cause-and-effect, in Vermont we see that rates of depression and suicidal ideation are higher among youth and adults with recent cannabis use.

## Depression\* and suicidal ideation rates are higher among Vermont youth and adults who recently used cannabis.\*\*



Cannabis use may not directly cause depression or suicidal ideation. However, this connection is worth highlighting in Vermont due to higher rates of depressive disorder, when compared to the U.S. average (25% vs 21%), and an increase in adult cannabis use over the last decade (7% in 2013 to 24% in 2022).<sup>5</sup>



Learn more about cannabis and health at [LetsTalkCannabisVT.com](https://LetsTalkCannabisVT.com)

## FacingSuicideVT

If you or someone you know is thinking about suicide, call or text 988 or visit [FacingSuicideVT.com](https://FacingSuicideVT.com)

Notes: All differences were statistically significant. Adult rates were calculated using the 2022 BRFSS. Youth rates were calculated using the 2019 High School YRBS (2021 YRBS data was not used due to data quality concerns). \*Depression symptoms used as proxy for depression for YRBS data. BRFSS asks respondents if they have ever been diagnosed with a depressive disorder by a doctor, nurse or other health professional. \*\*Recent cannabis use defined as any self-reported use in the past 30 days.

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Learn more at [HealthVermont.gov](https://HealthVermont.gov)