

MEDICAL MARIJUANA FOR DEPRESSION? WHAT YOU SHOULD KNOW.

EDUCATIONAL SERIES:
HEALTH CONDITIONS

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FLORIDA LAW DOES NOT RECOGNIZE DEPRESSION AS A QUALIFYING CONDITION FOR MEDICAL MARIJUANA.

A physician may determine that depression symptoms are related to other qualifying conditions under certain circumstances.¹

CAN MEDICAL MARIJUANA HELP DEPRESSION?

Evidence does not currently support medical marijuana for depression or depressive symptoms.²

When depression is present with another condition that is qualifying, such as cancer, a physician may certify a medical marijuana order.

WHAT SHOULD I ASK MY HEALTHCARE PROVIDER?

1. It is important to discuss the *type* of medical marijuana being considered with your physician.



THC has been shown to make pre-existing depression worse.

Research is not clear on how CBD affects pre-existing depression.

Other antidepressants, such as Selective Serotonin Reuptake Inhibitors (SSRIs), have low to moderate risk when combined with medical marijuana, but should be used with caution.

St. John's Wort is an over-the-counter supplement used for depression, which can decrease effectiveness of CBD.

3. Discuss if you have other mental health conditions, such as anxiety.

Research is not clear on how medical marijuana may affect depressive symptoms when present with another mental health condition.



2. Discuss if you are taking any prescription medications for depression.

Certain antidepressants are not safe to combine with medical marijuana, such as tricyclic antidepressants.



¹The 2020 Florida Statutes, Title XXIX, Chapter 381, section 381.986: Medical use of marijuana.

²Black N, Stockings E, Campbell G, et al. Cannabinoids for the treatment of mental disorders and symptoms of mental disorders: a systematic review and meta-analysis. *Lancet Psychiatry*. 2019;6(12):995-1010

³Stanciu CN, Brunette MF, Teja N, Budney AJ. Evidence for Use of Cannabinoids in Mood Disorders, Anxiety Disorders, and PTSD: A Systematic Review [published online ahead of print, 2021 Feb 3]. *Psychiatr Serv*.