

Cannabis Addiction

DNA Health Report

REPORT CATEGORY —



ADDICTIONS

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

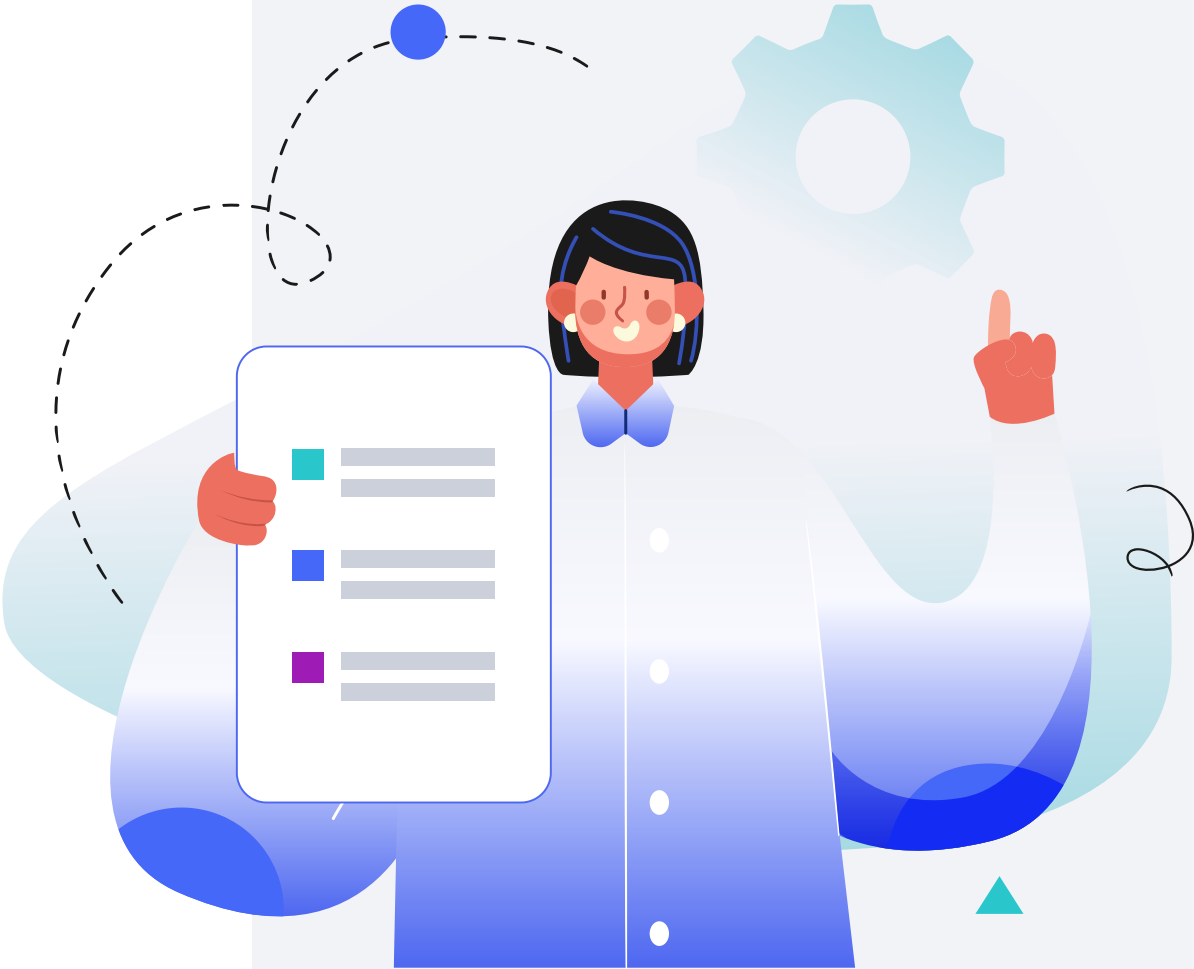
Male

HEIGHT

5ft 5" 165cm

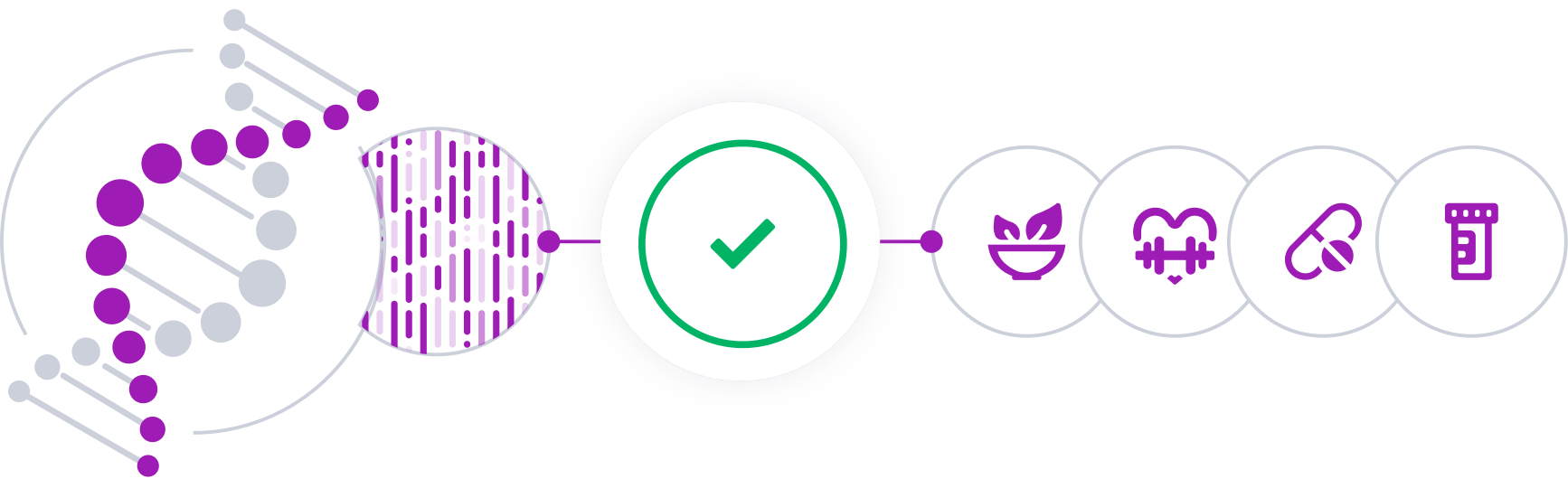
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

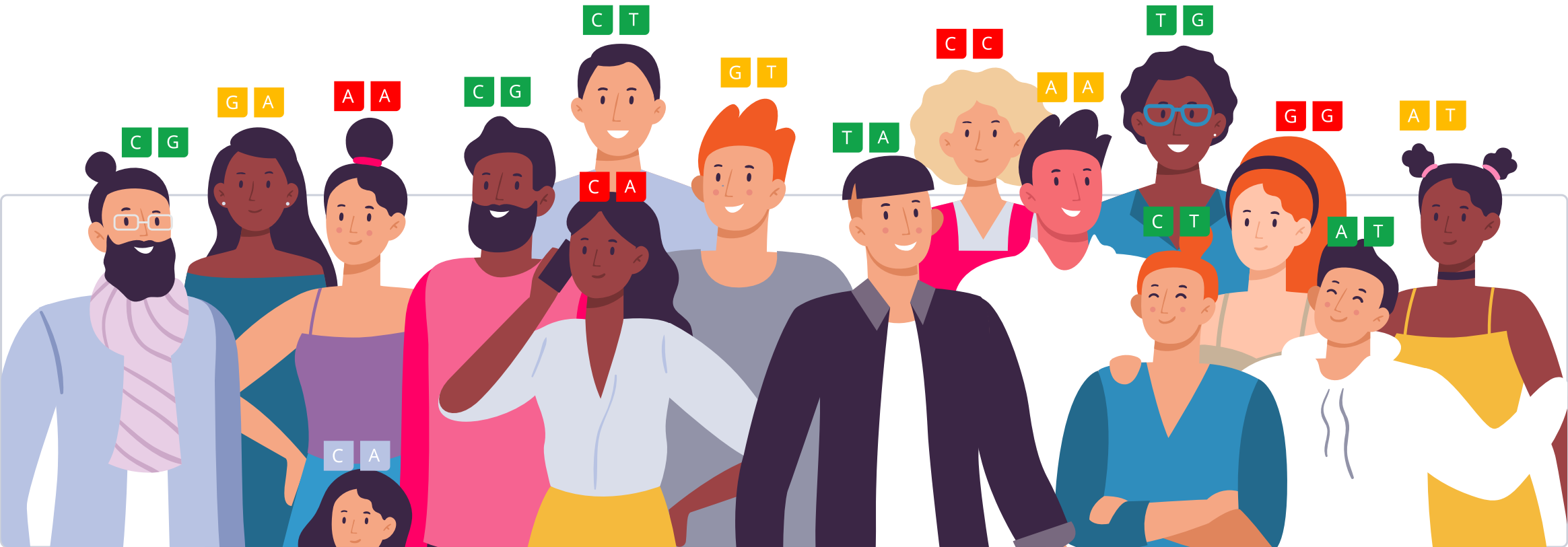


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

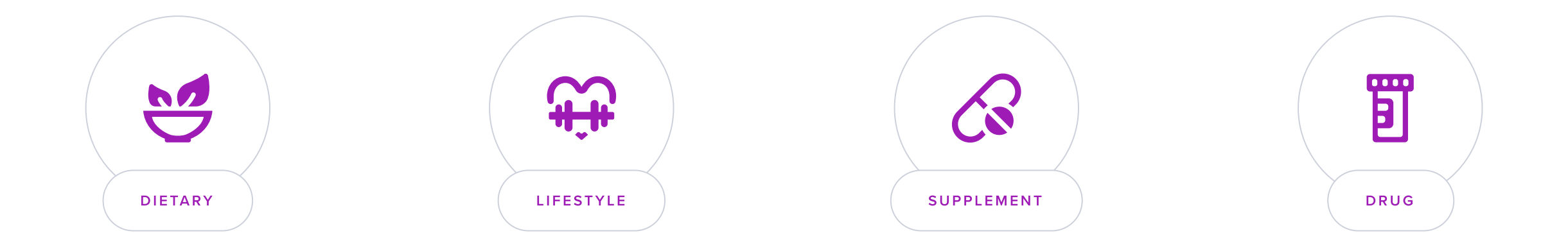
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

48.2 million people, or about 18% of Americans, used cannabis at least once in 2019. It is estimated that approximately **3 in 10 people** who use cannabis have an addiction issue.

Cannabis or marijuana addiction, is a condition in which an individual has **difficulty controlling cannabis use**. They continue to use cannabis despite negative consequences. These negative consequences can include problems with work or school, relationships, and legal or financial issues.

Cannabis addiction, like any other addiction, is considered a **mental health disorder**. It’s associated with changes in the brain that affect the reward system, memory, and other cognitive processes.

A number of factors can play a role in developing this condition, including genetics.

Risk Factors And Your Genetics

48.2 million people, or about 18% of Americans, used cannabis at least once in 2019. It is estimated that approximately **3 in 10 people** who use cannabis have an addiction issue.

About **50-70%** of differences in people's chances of having cannabis addiction may be due to **genetics**. Involved genes may influence the body’s **cannabinoid system** and brain chemicals such as dopamine and serotonin [\[R\]](#).

Cannabis addiction can be influenced by a variety of other factors, including:

- Age (the younger the age of initial usage, the higher the risk)
- Frequency and amount of use
- Mental health issues like depression or PTSD
- Lower socioeconomic status



TYPICAL LIKELIHOOD

Typical likelihood of cannabis addiction based on 1,648 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
AP2A2	rs7107977	AA
FAAH	rs4141964	TT
FAAH	rs324420	CA
TPRA1	rs604300	GG
HS3ST4	rs57514421	CT
PMM1	rs4822044	GG
ACYP2	rs2287641	AG
CSDC2	rs202629	TT
TUFM	rs10499	AA
NCAM1	rs4471463	TC
CADM2	rs7651996	TT
CADM2	rs2875907	GA
CADM2	rs1448602	AG
NCAM1	rs9919557	TC
/	rs58691539	TT
SP9	rs2033867	GG
CNR1	rs806380	AA
CNR1	rs806368	TT
ZNF704	rs9773390	TT
IPO8	rs2099149	TT
NANOS1	rs150525973	CC
NR2F2	rs4984460	TT
ANO3	rs4075765	GG
SRR	rs17761723	CC

GENE	SNP	GENOTYPE
SDK1	rs10085617	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Psychotherapy	1 hour	2	Support Groups	
3	Relaxation Techniques	30 minutes	4	CBD	10 mg
5	Exercise At Least One Hour a Day	1 hour	6	Yoga	30 minutes
7	Aerobic Exercise (Cardio)	1 hour	8	Mindfulness	30 minutes
9	Mindfulness Meditation	30 minutes	10	Cognitive-Behavioral Therapy (CBT)	
11	Contingency Management and Community Reinforcement		12	Art Therapy	1 hour
13	Acceptance and Commitment Therapy (ACT)		14	Motivational Enhancement Therapy	
15	Peer Network Counseling	1 hour			

1



Psychotherapy

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Schedule and attend regular sessions with a licensed psychotherapist, typically once a week for 50-60 minutes, over a period of several months to years depending on your individual needs and progress. Consistency is key, and the duration can vary widely based on personal goals and the type of psychotherapy being practiced.

TYPICAL STARTING DOSE

1 hour

Description

Psychotherapy is a broad term for therapeutic approaches that address mental and emotional health issues through talking and counseling. It can be used to treat a wide range of psychological and emotional challenges.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences and help reduce stress [\[R, R\]](#).

Psychotherapy is a great way to improve many conditions, including [\[R, R, R, R, R, R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Weight problems
- Eating disorders

Cognitive-behavioral therapy (CBT) is a type of psychotherapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Experts say that talk therapy can help with cannabis addiction. Individual or group therapy may help [\[R, R\]](#).

Talk therapy, such as CBT, may help with several substance use disorders but may be most effective for cannabis addiction [\[R, R, R\]](#).

Other forms of talk therapy may also help with cannabis addiction. **Techniques that motivate behavior changes may be especially helpful.** These include [\[R, R, R, R\]](#):

- **Motivational enhancement therapy:** focuses on a person’s innate ability to change
- **Contingency management:** provides motivation through incentives

These techniques may be most effective when combined with CBT. For some people, talk therapy combined with medication may work even better. **Your healthcare provider can help you decide which options may be best for you** [\[R, R\]](#).

Text- and computer-based therapy may also help. However, face-to-face therapy may be more effective for some people [\[R, R, R\]](#).

2



Support Groups

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Attend a support group meeting related to your condition at least once a week. These meetings can be found through local hospitals, online platforms, or health organizations specific to your condition. Participation can be in-person or virtual, depending on what is offered and your preference.

Description

Support groups are gatherings of individuals facing similar challenges, where they can share experiences, emotions, and coping strategies. They offer emotional support, camaraderie, and valuable insights for those dealing with various health conditions or life circumstances.

Support groups involve people with similar struggles helping each other. Support groups usually take place in a casual setting. During sessions, people share their [\[R\]](#):

- Knowledge
- Experiences
- Coping strategies
- Understanding of the recovery process

Support groups may help support recovery from addictions [\[R\]](#).

How it helps

Experts say that support groups can help with cannabis addiction and other substance use disorders [\[R\]](#), [\[R\]](#).

Support groups are generally cheap and easy to access. They may help both adults and adolescents stay away from cannabis [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

3

Relaxation Techniques

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

Stress is linked to an increased risk of substance use disorders, including cannabis addiction. It may also make recovery more difficult [\[R\]](#), [\[R\]](#), [\[R\]](#).

The following relaxation techniques may help with addiction to cannabis:

- Mindfulness [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Yoga [\[R\]](#), [\[R\]](#).

Relaxation techniques may help by reducing stress and taking the mind off the drug. They may also help build positive coping strategies [\[R\]](#), [\[R\]](#), [\[R\]](#).

PERSONALIZED TO YOUR GENES

Stressful life events may have a stronger impact on cannabis addiction in people with your [MGLL](#) gene variant (also linked to the [TPRA1](#) gene) [\[R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
TPRA1	rs604300	GG	

4



CBD

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a CBD supplement in a dosage ranging from 10 to 40 milligrams per day. Start with the lowest dose and gradually increase it based on your body's response. This can be taken orally in the form of capsules, edibles, or oil drops under the tongue. For ongoing issues, such as anxiety or chronic pain, it may be used daily, while for acute issues, it might be used as needed.

TYPICAL STARTING DOSE

10 mg

Description

CBD is a non-psychoactive compound found in cannabis plants and is used in various forms, including oils and creams. It may have potential benefits for pain relief, anxiety reduction, and overall relaxation, although more research is needed to fully understand its effects.

[Cannabidiol](#) (CBD) is a compound found in cannabis. Unlike its cousin THC, CBD is not psychoactive and can’t get you “high” [\[R\]](#).

People use CBD to:

- Reduce anxiety [\[R, R\]](#)
- Relieve pain [\[R, R, R\]](#)
- Prevent seizures [\[R\]](#)
- Improve sleep [\[R\]](#)

How it helps

Combined with psychotherapy, CBD may help those with **cannabis use disorder**. This combination may [\[R, R, R, R, R\]](#):

- Support abstinence
- Reduce withdrawal symptoms

CBD alone (400-800 mg/day for 4 weeks) may work in a similar way [\[R\]](#).

CBD may act on parts of the brain that control reward and motivation. In this way, it may help reduce drug-seeking behavior [\[R, R\]](#).

Please note: *CBD can interact with medications, and it may not be safe for pregnant women. Never use CBD without consulting your doctor. Also, make sure to verify the legality of CBD in your country or state* [\[R, R, R, R\]](#).

5



Exercise At Least One Hour a Day

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

For people addicted to cannabis, exercise may improve mental health and reduce cravings [\[R\]](#).

Exercise may help by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Boosting mood
- Taking the mind off the addiction
- Supporting a healthy self-image

6



Yoga

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga practice may improve cravings, well-being, and cognitive function in people with addiction to cannabis and other substances [\[R, R\]](#).

Relaxation techniques such as yoga may help by reducing stress and taking the mind off the drug. They may also help build positive coping strategies [\[R, R, R\]](#).

7



Aerobic Exercise (Cardio)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

For people addicted to cannabis, exercise (including cardio) may improve mental health and reduce cravings [R].

Exercise may help by [R, R, R]:

- Boosting mood
- Taking the mind off the addiction
- Supporting a healthy self-image

8

Mindfulness

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness-based interventions may reduce use frequency and severity, cravings, withdrawal symptoms, and stress in people addicted to cannabis and other substances [R, R, R]

Relaxation techniques such as mindfulness may help by reducing stress and taking the mind off the drug. They may also help build positive coping strategies [R, R, R].

9



Mindfulness Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation enhances self-awareness and helps individuals cope with stress and cravings.

10



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Cognitive-Behavioral Therapy helps individuals with cannabis addiction by teaching them skills to identify and correct problematic behaviors. It supports reshaping thoughts, expectations and teaches strategies to effectively manage stress resulting in better coping mechanisms without using cannabis.

11



Contingency Management and Community Reinforcement

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in a contingency management program by attending scheduled meetings or therapy sessions where positive behaviors towards sobriety are rewarded. Simultaneously, participate in community reinforcement activities like joining support groups, engaging in sober recreational activities, or volunteer work, focusing on building a network that supports recovery. This approach should be integrated into your daily lifestyle for a minimum of several months to effectively reinforce positive behaviors and support sobriety.

Description

Contingency management and community reinforcement are behavioral therapies that provide incentives and positive reinforcement to individuals as they work towards overcoming substance abuse issues. These approaches can be effective in promoting abstinence and improving overall mental health and social well-being.

How it helps

These interventions use positive reinforcement to encourage abstinence and support recovery efforts.

12



Art Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in art therapy sessions, which can include activities such as painting, sculpting, or drawing, for 1-2 hours per week. These sessions can be done either in group settings guided by a trained art therapist or individually, depending on your comfort level and goals. It is beneficial to engage in this practice consistently for several months to observe the therapeutic benefits.

TYPICAL STARTING DOSE

1 hour

Description

Art therapy is a type of therapy that encourages free self-expression and reflection through [\[R\]](#):

- Painting
- Drawing
- Clay modeling

It may be combined with mindfulness. Mindfulness is the practice of being aware of the present moment without any judgment [\[R\]](#).

Art therapy is used to improve [\[R\]](#):

- Self-esteem
- Self-awareness
- Emotional resilience
- Social skills

How it helps

Art therapy can provide a creative outlet for expressing emotions and coping with cravings in a healthy way.

13



Acceptance and Commitment Therapy (ACT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

ACT helps by promoting psychological flexibility and teaching individuals to embrace their thoughts and feelings rather than fighting or feeling guilty for them.

14



Motivational Enhancement Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Motivational Enhancement Therapy (MET) involves attending a series of structured counseling sessions. Typically, this starts with an initial assessment session followed by two to four individual treatment sessions with a trained therapist. The therapy focuses on increasing your internal motivation to change and is often completed over a period of one to two months.

Description

Motivational Enhancement Therapy (MET) is a counseling approach aimed at enhancing an individual's motivation to make positive behavioral changes, often used in addiction treatment to help clients explore their personal reasons for change and commit to healthier habits.

How it helps

Motivational Enhancement Therapy (MET) helps people with cannabis addiction by increasing their desire and motivation to change. This is done through strengthening personal positive values, discussing the negative impacts of drug use, and setting achievable goals to reduce or stop usage.

15



Peer Network Counseling

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in peer network counseling sessions for at least 1 hour per week over a period of at least 3 months. This can be done through in-person meetings, online platforms, or community support groups that focus on sharing experiences and strategies for coping with specific issues or conditions.

TYPICAL STARTING DOSE

1 hour

Description

Peer network counseling is a mental health support approach where individuals with similar experiences and challenges provide guidance, empathy, and shared understanding to help others cope with their mental health issues. This approach fosters a sense of community and can be particularly effective in reducing stigma, promoting emotional well-being, and enhancing the recovery process for individuals facing mental health challenges.

How it helps

Understood. Please provide a recommendation and the medical condition for review.