

Cannabis

WHAT YOU NEED TO KNOW



Do you know of a person using Cannabis? However, they declined a referral for support? Here is some helpful information. Please approach conversations with respect and no judgement



Questions to ask

What strains are you using?

Different strains of cannabis (such as Stardog, Lemon Haze, Cali) will have different strengths of THC and CBD and therefore create slightly different "highs". By using the same strain it reduces risk of overdose

Are you buying pre-rolls?

There is an increase risk of being spiked with another substance such as spice when buying a pre-rolled cannabis joint. Young people will buy pre-rolls if they are unable to roll their own joints.

Where are you smoking?

THC has hallucinogenic properties that may cause visual hallucinations which could lead to accidental injury if in an unsafe area such as lake/busy road. It is also important that someone knows where you are in case you become unwell.

Impact on Health



Respiratory Problems

Cannabis (with or without tobacco) can cause respiratory damage



Sleep Hygiene and Appetite Problems

Cannabis impacts a person's appetite and sleep hygiene



Memory & Concentration

Cannabis can impact memory and ability to concentrate



Mental Health Concerns

There is a link between cannabis and mental illness and those with a genetic predisposition or pre-existing mental health problems are at greater risk

Harm Reduction



Use less if you are poorly as your immune system is weakened



Have a sober sitter or someone not using substances



Take tolerance breaks - use every other day or take an extended break



Try to avoid smoking roach as increased risk of infection from bacteria



Go low and slow if you haven't used in a while. (Low doses, take breaks)

Reducing

·Cannabis is safe to stop in most cases
·A reduction over a period of a few weeks may help manage withdrawal symptoms

1-3 Days

irritability, restlessness, tremors, cravings, nausea, headaches, cravings

3-7 Days

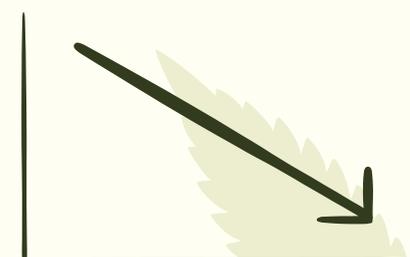
loss of appetite, abdominal pain, chills, lack of focus, cravings

1-2 Weeks

mood swings, cravings, coughing, struggles with sleep

After 2 Weeks

no physical symptoms, emotional health should start to stabilise



1-3 DAYS 4-7 DAYS 4-14 DAYS WEEK 2

