

THC VAPES



KNOWN AS

Carts, pens, blinkers, dab pens



HOW IT'S USED

Smoked using a disposable vape pen with a liquid containing THC (the active ingredient in cannabis)



HOW IT CAN MAKE YOU FEEL

Relaxed, talkative, giggly, drowsy, hungry, dry mouth, anxious, paranoid, dizzy, nauseous



HOW LONG IT LASTS

When cannabis is smoked or inhaled, the effects start within minutes and lasts about an hour



IMPORTANT TO KNOW

Some THC vapes have been found to contain other substances including synthetic cannabinoids (Spice) and synthetic opioids (nitazenes), which can cause serious risks including overdose.

WHAT IT CAN DO

- Cause lung damage, especially when mixed with tobacco
- Cause withdrawal symptoms including difficulty sleeping, decreased appetite, weight loss, aggression, irritability and restlessness
- Trigger mental health conditions
- Risk to an unborn child if used during pregnancy

HOW TO REDUCE THE RISKS

- Buy vape liquid from a reputable source
- Start with one or two puffs and don't inhale deeply
- Wait for the effects to kick in before using any more
- Avoid mixing with other drugs, including alcohol
- Carry naloxone, a first aid medication that can reverse the effects of opioids



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.turning-point.co.uk

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