

CANNABIS



KNOWN AS

Weed, dope, grass, green, hash, marijuana



HOW IT'S USED

Cannabis comes in different forms including herbal (leaves or buds), resin (solid lump) oil and edibles. It can be smoked, inhaled or eaten



HOW IT CAN MAKE YOU FEEL

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



HOW LONG IT LASTS

Smoked or inhaled: effects start in minutes and last about 1 hour. Eaten: effects take up to an hour and can last 8 hours



IMPORTANT TO KNOW

Cannabis comes from a green plant whose leaves contain the psychoactive compound delta-9 tetrahydrocannabinol (THC). Since 1 November 2018, specialist UK doctors can prescribe it medically.

WHAT IT CAN DO

- Cause lung damage, especially when mixed with tobacco
- 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

- Start low and take it slow
- Avoid mixing with other substances, including alcohol
- When taking edibles, remember it takes at least an hour for the effects to kick in
- Use less tobacco in your mixture or leave it out completely
- Avoid holding smoke in the lungs for too long, it doesn't increase the effect but can cause damage
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



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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