

CANNABIS

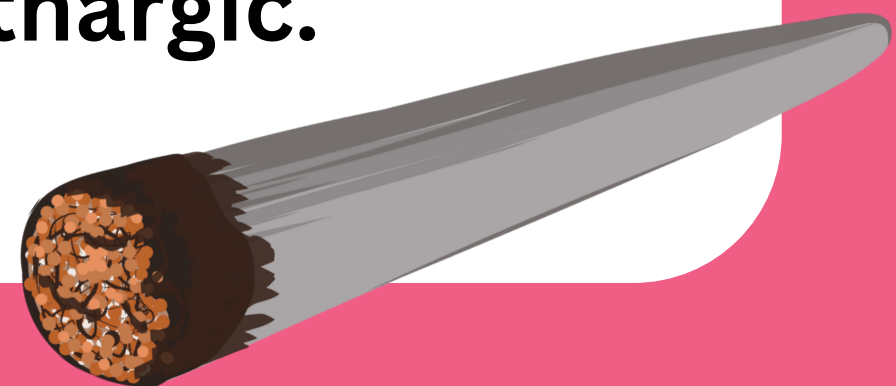


THE FACTS

Cannabis comes from the plant *Cannabis sativa* that grows naturally in many parts of the world. It comes in three forms: herbal, resin, and oil. The main ingredient is tetrahydrocannabinol (THC).

Cannabis is often smoked in a 'joint' with or without tobacco. It can also be inhaled or eaten. It is sometimes baked into cakes or mixed with drinks such as tea.

It can have sedating, hallucinogenic and/or stimulant properties. Meaning that, it can make people feel relaxed and happy and some people may get the giggles and become talkative. Also, people may become more aware of their senses but also lethargic.



If you are concerned regarding your cannabis use, please scan the QR code below or call 01253 311431



For 25s and over

HORIZON
Alcohol, drugs & sexual health support



DrugWise



For under 25s

If you require this information in another format, please let us know

RISK AND HARM REDUCTION

As cannabis may worsen anxiety and paranoia in some people, only use it where you feel safe and with people you trust. Avoid using cannabis if you're prone to anxiety or have existing mental health problems.

Start low, go slow as potency can be hugely variable. Start with a very small dose and, if using more, increase dose cautiously. Give time for previous doses to wear off, about 30 minutes.

Water pipes (bongs) cause you to inhale more deeply which increases the risk of lung damage. Avoid sharing joints, vapes, pipes and bongs with others.

If using water pipes, treat your paraphernalia with pride. Keep your pipes and bongs clean and avoid plastic bottles, pipes, etc as it can increase toxic fumes.



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