

SUPPORT

UWE Drugs and Alcohol Service:
1:1 sessions, advice and information including harm
reduction intervention, goal setting and relapse
prevention.

Make an appointment by scanning this QR code
or visiting uwe.ac.uk/drugs-and-alcohol



Bristol Drugs Project: treatment
services for people who are
experiencing a negative
relationship with drugs
and/or alcohol.

Or speak to your GP.

WHAT IS CANNABIS?

Cannabis is a plant, used for its mind-altering effects.
Different strains offer various effects, making it popular
for recreational use to feel relaxed, happy, and creative.
Cannabis can be consumed by smoking, eating, vaping,
or using oils and sprays.

Also called:	Smoke	Bud
Weed	Nug	Herb
Zoot	Chronic	

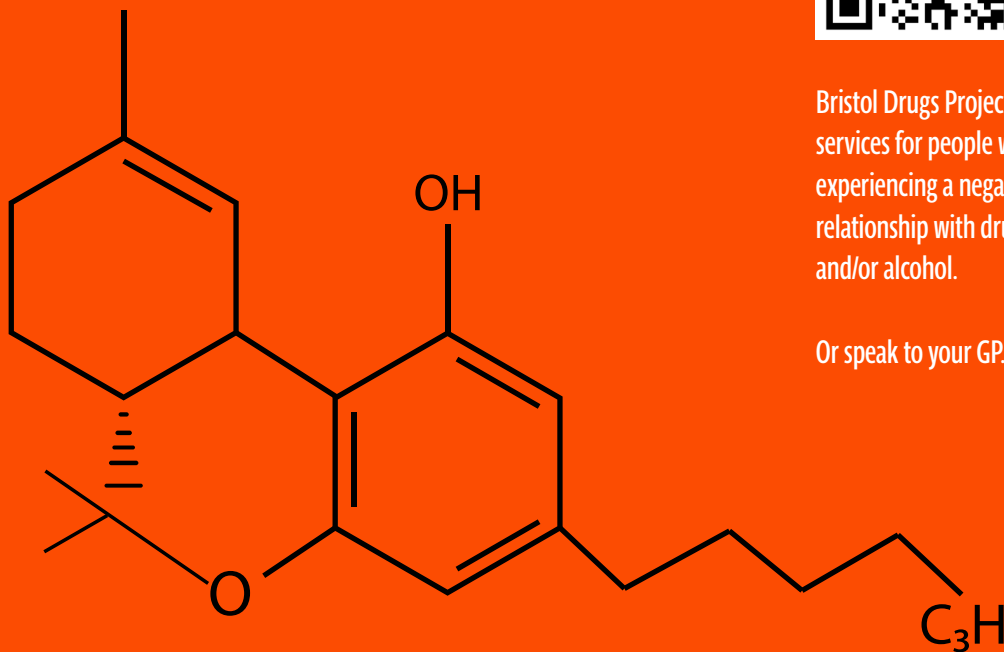
LONG TERM RISKS

Smoking related diseases - smoking cannabis with tobacco
will put you at risk of smoking related diseases and
can cause harm to your lungs as it burns at a very high
temperature.

Memory - long term cannabis use can make learning new
things and retaining new information more difficult.

Cannabis dependency – Starting smoking at a young age,
poor mental health and daily use could all increase the
risk of Cannabis Use Dependency. CUD can stop people
achieving their goals, withdrawn them from their social
network and make it hard to maintain selfcare.

RESEARCH THE RISK. REDUCE THE HARM. CANNABIS



BEFORE

DO YOUR RESEARCH

Understand the effects and risks of using cannabis, especially if you're new to cannabis use.

- Where possible, try to understand the strain you're smoking by finding out the levels of THC (Tetrahydrocannabinol) vs CBD(Cannabidiol).
- Cannabis with high levels of THC and low levels of CBD will increase the risk of paranoia, agitation and dependency.

AVOID TOBACCO

- If you don't use tobacco usually, starting to use it to smoke cannabis can form a dependency on nicotine, meaning you crave it more often.

BE CAREFUL WITH EDIBLES

- Eating cannabis is a very different experience to smoking it as it takes longer to hit (up to 2 hours) and the effects will last much longer.
- The dose can also be much harder to manage so start low and go slow.

THINK ABOUT YOUR MINDSET...

- How we're feeling can impact our experience of using cannabis.

AND SETTING

- The environment you're in can change your experience of using cannabis.
- Think about who you are with, or whether you're ok on your own.
- Will the people you're with be supportive and caring if you need some help?
- Is this a safe and comfortable environment to use cannabis?

DURING

CANNABIS AND ALCOHOL

- Using alcohol and cannabis together will increase the effects of each substance.
- If you plan on using both substances together start low and go slow.
- It can also make you more likely to white-out. See below for more info.

CANNABIS AND PSYCHEDELICS

- Whilst using cannabis and psychedelics tend not to cause physical harm to the individual, the psychological impact can be unpredictable, even in experienced cannabis users.
- Use with caution and as with everything, start low and go slow.

WHITEY/WHITE-OUT/GREENING OUT

- If you are new to using cannabis, using a new strain or consuming a higher dose than normal, you may feel unwell.
- You might feel sick, paranoid, dizzy or go pale.
- To help with these symptoms you can drink some water, orange juice or a sugary drink but avoid alcohol as this will make symptoms worse.
- You can also try laying down and taking deep breaths to fill your lungs with fresh oxygen.
- If you're supporting a friend, ask them what they need, do they need to talk or to be left alone for the feeling to pass?
- Once you've recovered, take it easy for the rest of the day and avoid using any more cannabis or other substances even if you feel better.

AFTER

WHAT TO EXPECT

- The day after using cannabis you may feel tired, lethargic or like everything is happening in slow motion.
- Cannabis use impacts your usual sleep cycle meaning you don't wake up feeling refreshed.
- You might also feel dehydrated so drink plenty of water and rest if you need to.
- It's illegal to drive if you're impaired by THC. Even after the effects have worn off, THC can still be detected in your system and impact your driving.
- Taking regular breaks from cannabis will help keep your tolerance low and prevent a dependency forming, breaks could be 3-4 days or longer.

PARANOIA AND AGITATION

- Feeling paranoid or anxious after using cannabis?
- This could be to do with the strain of cannabis, but it could also be how your brain reacts to THC no matter what the dose.
- Usually, these symptoms will go away within a couple of days... but the best advice is to stop using it.

HOW TO KNOW IF YOU HAVE A CANNABIS DEPENDENCY

- Relying on cannabis to eat, sleep or get tasks done.
- Using cannabis when you have planned not to, or having a high tolerance.
- Daily use.
- Hiding your cannabis use from friends or family.