

Cannabis

Marijuana

**Pot, Weed, Bud, Kush, Hash,
Hash Oil, Shatter, Dabs**

What is it?

Marijuana is a mind altering substance that affects how we think, feel and act. It comes in various forms, such as dried leaves, flower “buds”, extracts, or edibles. It can be smoked in a joint, through a pipe or bong, or made into a vapour mist. Some people bake or make tea with it.

Why do people use it?

- ◆ Increased socialization and connection to friends
- ◆ Increased relaxation, decreased anxiety
- ◆ Decreased insomnia, pain, nausea, and muscle spasms

What can go wrong?

- ◆ Cannabis use is associated with psychosis.
- ◆ Some people may experience increased anxiety.
- ◆ Increased risk of chronic coughing, shortness of breath, and wheezing.
- ◆ Use before the age of 25 can have serious effects on brain development. Risk increases with amount of cannabis used.

How does it work?

When inhaled, cannabinoids are absorbed through the lungs and into the bloodstream resulting in almost immediate effects. When taken as an edible, effects are delayed.

Information adapted from heretohelp.ca, camh.ca & towardtheheart.com

For more information visit their websites.

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Mixing Cannabis with other substances

1. Alcohol and other depressants slow down heartrate and result in relaxation and loss of coordination. Mixing cannabis with alcohol intensifies the effect and increases the risk of alcohol poisoning.
2. Stimulants increase heart rate resulting in increased energy. Mixing these with cannabis result in clouded judgement of intoxication levels which may lead to potentially dangerous behaviour.
3. Mixing marijuana with other substances can result in longer and less predictable side effects.
4. Mixing tobacco and cannabis (mauling) increases the risk of both substances significantly.

Harm Reduction

- ◆ Choose a safer method of use, such as a vaporizer or edibles. If smoking, take shallow breaths and exhale quickly.
- ◆ Don't use Cannabis and drive, or get into a car with someone who has been using.
- ◆ Delay using cannabis to lower the risks to brain development.
- ◆ Choose lower THC cannabis products.
- ◆ Avoid synthetic cannabis products (K2, spice).
- ◆ Use occasionally or limit your use to weekends only.

Discovery Youth & Family Substance Use Services

Victoria/South Island: 250-519-5313

Cowichan Valley: 250-737-2029

Nanaimo/Ladysmith: 250-739-5790

Oceanside area: 250-947-8215

Mt Waddington area: 250-902-6063

