

What is cannabis?

Cannabis has depressant effects (slows down body functions) and also hallucinogenic effects (changes your perception).

Did you know?

THC in cannabis can be detected in urine weeks later.



During use, it can make you feel:

Relaxed	Dry mouth
Giggly	Munchies
Excited	Slowed reflexes
Talkative	Poor co-ordination
Sleepy	Distorted sense of time
Heightened senses	

Blood shot eyes
Drowsiness
Anxiety
Paranoia
Seeing, hearing, or feeling things that aren't there

Afterwards, signs of a comedown can be:

- Tired
- Unmotivated
- Brain fog / poor memory
- Irritable
- Angry
- Anxious
- Low mood
- Vivid dreams and nightmares

If someone is experiencing:

Feeling sick
A fast heartbeat
Paranoia
Anxiety

Then:

Stay with them
Keep them calm
Move them to a safe comfortable place with fresh air
Give them a sweet non-alcoholic drink



Be safer with cannabis by:

- > Starting with small amounts first to check its strength
- > Avoiding use with alcohol, other drugs and medications
- > Stopping if you feel unwell, uncomfortable or nervous
- > Using occasionally, especially if you are struggling with your mental health
- > Seeking a quiet safe place, fresh air, water or a sweet drink and trusted company if you have a bad reaction
- > Not using while pregnant

Consider making changes if:

Using and comedowns are affecting relationships, study or work

Unpleasant effects outweigh the pleasant effects

Get support to make changes if:

Having low mood or anxiety

Feeling angry when not using

Spending more time/money on cannabis than you want

Always thinking about cannabis

Others are concerned about your cannabis use

Seek professional help if you or someone you know is:

- > Using more to get the same effect or feel 'normal'
- > Finding it hard to stop
- > Experiencing irritability, sleeplessness, low mood, anxiety, or cravings
- > Having suicidal thoughts

For support and information contact:

Alcohol Drug Helpline Txt 8681
Call 0800 787 797
drugfoundation.org.nz
wharaurau.org.nz/taiohi.org
TheLevel.org.nz



CANNABIS



Āta haere i a koe e hōpara I te ao
Take care as you explore the world