#### 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
Giggly
Excited
Talkative
Sleepy
Heightened senses

Dry mouth
Munchies
Slowed reflexes
Poor co-ordination
Distorted sense of time

Blood shot eyes Drowsiness Anxiety Paranoia

Seeing, hearing, of 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:

Feeling sick

Getting a fast beating heart

Getting paranoid

Getting anxious

#### 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 only occasionally, especially if you have mental health problems
- > Seeking a quiet safe place, fresh air, water or a sweet drink and trusted company if you have a bad reaction
- > Avoiding while pregnant

### **Consider making changes if:**

Using and come downs 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 withdrawal effects such as; irritability, aggression, sleeplessness, low mood, anxiety and cravings
- > Having suicidal thoughts

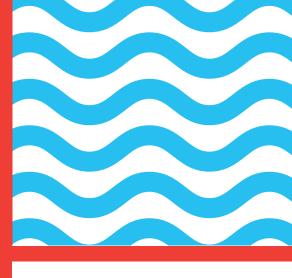
## For support and information contact: Alcohol Drug Helpline Txt 8681

Call 0800 787 797
drugfoundation.org.nz
optforwellbeing.org









#### **ABOUT CANNABIS**



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