What is cannabis?

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

During use, it can make you feel:

- Relaxed
- Giggy
- Excited
- Talkative
- Sleepy
- Heightened senses

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

Did you know?

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THC in cannabis can be detected in urine weeks later.

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

Ata haere i a koe e hōpara l te ao
Take care as you explore the world