



CANNABIS



what you need to know



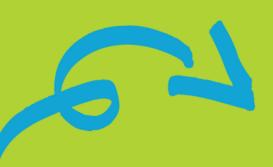


HOW DOES IT WORK?

THC is the main psychoactive compound in cannabis and can sometimes produce hallucinogenic or altered sensory effects

CBD is often associated with a 'calming' feeling for some users





Some forms of cannabis, e.g. skunk, contain higher amounts of THC, which can increase the likelihood of experiencing anxiety and/or paranoia

It's impossible to tell the ratio of THC to CBD in cannabis by it's smell or taste





HOW DOES IT FEEL?

The effects of cannabis vary from person to person, some people say it makes them feel relaxed or giggly whilst others feel anxious or tired



HOW IS IT USED?

Cannabis can be ingested in many different ways.











If you eat cannabis, it can take up to four hours to feel the effects and the effects last much long than smoking or vaping cannabis

Make sure to wait until you feel the effects before having any more





POSSIBLE EFFECTS

Like any substance, cannabis may cause negative impacts as well as positive ones

Cannabis can affect memory and concentration, making it harder to focus on or retain information during your studies

Cannabis can affect your mood, and increase your risk of drug-induced psychosis



REDUCING THE HARM

No drug use is safe, but there are things you can do to reduce the risk of harm

Try to avoid inhaling through plastic bottles and pipes, as they increase the risk of toxic fumes when hot

Don't inhale too deeply as this can led to chemicals sticking to your lungs

Try to limit using tobacco alongside cannabis



HOW DO I STOP?

If you decide that you'd like to stop or reduce your cannabis use, there is support available

Reach out to student support services or wellbeing services at your institution. They can signpost you to local services for support

