



CANNABIS



what you need to know



SOS!UK

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

SOS!UK



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



SOS!UK

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

The logo for SOS!UK is located at the bottom of the page. It features the text "SOS!UK" in a bold, black, stylized font. The first "S" is partially obscured by a white rectangular area that has a torn, paper-like edge. The "O" is replaced by a black silhouette of the Earth, showing the continents. The "S" following the globe is also partially obscured by the white area. The "UK" is in a standard sans-serif font. The entire logo is set against a white background that looks like a piece of torn paper.

SOS!UK

HOW IS IT USED?



Cannabis can be ingested in many different ways.



Smoking



Mixing cannabis into foods or drinks



Using a vape pen to vaporise and inhale

SOS!UK



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

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



SOS!UK

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

The logo for SOS!UK, featuring the text "SOS!UK" in a bold, black, stylized font. The "O" is replaced by a white silhouette of the African continent. The logo is set against a white rectangular background with a torn-edge effect.

SOS!UK

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 lead to chemicals sticking to your lungs**

 **Try to limit using tobacco alongside cannabis**

SOS!UK

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



SOS!UK