

# Cannabis Harm and Reduction

**Risk of mental health problems, psychosis**

Reduce intake  
Adhere to meds if required  
Avoid stronger strains of cannabis  
Know warning signs

**Risk of accidents, falls, trauma**  
Avoid risky drinking environments, extinguish naked flames at night, don't drive

**Lung problems**

Don't smoke  
Avoid use of tobacco  
Use water pipes or similar

**Weight gain**  
Use 'healthy' munchies

**General:**

Don't smoke every day  
Reduce strength/amount smoked  
Avoid adulterated forms (e.g. Soap)

