

Cannabis

Risks and Safer Use

Risk of mental health problems, psychosis

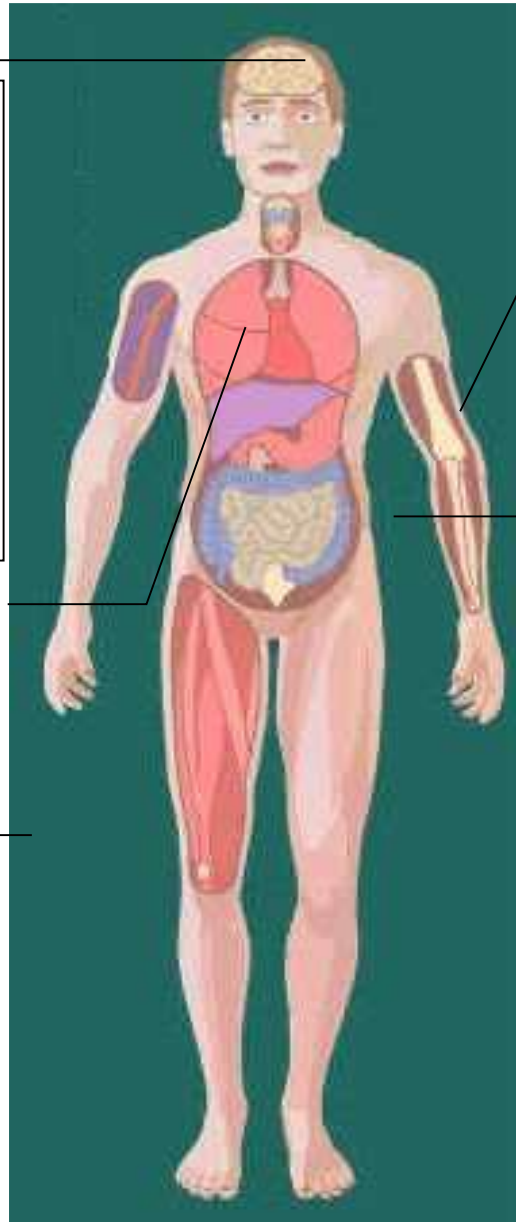
If 16 or under keep use to minimum or better still wait until 18+ before using.
Reduce intake – have regular breaks
Adhere to meds if required;
Avoid high THC cannabis
Know warning signs;
Stop using if negative symptoms appear.

Lung problems

Don't smoke
Avoid use of tobacco
Don't use printed roach material
Use filtered pipes or similar

General:

Don't smoke every day;
Reduce strength/amount smoked;
Maintain other hobbies and interests;
Be aware of contaminants in poor quality resins and low-grade weed



Risk of accidents, falls, trauma

Avoid risky drinking environments,
extinguish naked flames at night,
don't drive under influence

Weight gain

Use 'healthy' munchies

Legal Risks

Be aware possession is still illegal;
Supply and cultivation can carry
heavy penalties
Driving under influence is an offence