

THINGS TO AVOID

Using regularly at an early age

Human brains are not fully developed until early adulthood.

Using cannabis daily or almost daily

Regular habitual use can lead to dependence, meaning you feel you need to use it just to feel normal.

Using cannabis as your main way of having fun or coping with stress

There are healthier ways to enjoy yourself or deal with negative moods.

Using cannabis with alcohol

The effects of Cannabis are intensified and may last longer than expected or wanted if you drink alcohol or use other drugs at the same time.



Using cannabis when you are at risk of a mental health problem

Cannabis use may increase the risk of psychotic symptoms for those with a pre-existing vulnerability to psychosis. And, it may worsen the symptoms of psychotic disorders.

GETTING HELP

On-Campus Resources:

The AC Umbrella Project:
algonquincollege.com/umbrellaproject

AC Perth Counselling Services:
CONFIDENTIAL, non-judgemental,
free counselling for students.
613-267-2859 ext. 5610

Health Services:
613-267-2859 ext. 6546

Off-Campus Resources:

Lanark, Leeds and Grenville Addictions and
Mental Health (LLGAMH)

Toll Free: 1-866-499-8445
llgamh.ca

SMART (Self Management and Recovery Training)
Meetings Online
smartrecovery.org

The Drug and Alcohol Helpline:
1-800-565-8603 drugandalcoholhelpline.ca

ALGONQUIN
COLLEGE

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Project

SAFER CANNABIS USE

MARIJUANA, HASH, HASH OIL



**REDUCE YOUR RISK
OF PHYSICAL AND MENTAL
HEALTH PROBLEMS**



YOU AND SAFER CANNABIS USE

While using cannabis may be safer than using some other drugs, there are things about using cannabis that can be harmful. Here are some things you can do to reduce your risk of harms and bad experiences.

BEFORE YOU START...

Be clear about why you want to use

Is it going to help you in some way or make things worse?

Be sure you trust your source

Cannabis is often unregulated. Some buds may contain fungi or bacteria. To be safe, heat cannabis in an oven 70-90°C for 10 minutes.

Try a small amount to test the strength

Some strains of cannabis may have higher THC content and may have a stronger effect than you were expecting. If you know it's a stronger strain, you can use less and avoid unnecessary smoke and toxins in your lungs.

Indicas are more relaxing and can help control nausea, improve appetite, and help with sleep.

Sativas can lighten your mood, improve your appetite, and make you laugh and talk.

WHEN USING CANNABIS...

Avoid cannabis smoke if possible

Cannabis smoke contains tar and toxins. The safest choice is to use a vaporizer—it delivers the THC in mist form instead of smoke. But they cost a lot of money—\$300-800. The second best choice is to smoke it in the form of a joint.

Prevent burns on your lips and fingers

Use a small piece of rolled unbleached cardboard as a filter. Avoid using cigarette filters – they remove 60% of the THC but leave the toxins.



Take shallow puffs, not deep inhalations

About 95% of the THC in the smoke is absorbed in the first few seconds, so you don't need to puff hard or hold your breath.

Leave tobacco out of the mix

Tobacco contains many cancer-causing toxins, so it's safer to smoke cannabis by itself.



IF EATING OR DRINKING CANNABIS...

Take your time

It can be hard to find the right dose when eating cannabis cookies or drinking cannabis tea. You may get much higher for much longer than you wanted to. To prevent this, use a small amount and wait at least one hour to feel the effects before using more.

CANNABIS AND DRIVING...

Stay away from the steering wheel

Cannabis can impair your motor coordination, judgment, and other skills related to safe driving. It's safest to wait three to four hours after using cannabis before driving or operating machinery.

DID YOU KNOW...?

Water bonging is not as safe as joints

Bongs filter out more THC than tars since water tends to absorb THC. This requires you to puff harder, increasing the amount of tar that is inhaled.

Some pipes and bongs give off toxic fumes

If using a bong, avoid those with a plastic bottle, rubber hose, or aluminum cone. If using a pipe, make sure it's made of glass, stainless steel, or brass (avoid wood and plastic).