

# Cannabis and Other Substances

Cannabis used with other substances can lead to negative impacts on your health.

For more info:  
[algonquincollege.com/umbrellaproject](https://algonquincollege.com/umbrellaproject)



Umbrella  
Project

**AC** | Student Support  
Services

If you choose to use cannabis, be aware of the risks of mixing with other substances.

### TOBACCO



Smoking cannabis with tobacco increases exposure to chemicals that can further your risk of developing **lung and heart disease**.

### ALCOHOL



Using cannabis with alcohol can increase your risk of **over-intoxication** and impair your ability to drive safely.

### OTHER



Using cannabis with drugs (e.g., MDMA, cocaine, opioids, heroin, etc.) can lead to **interactions** that can be **dangerous to your health**.

Using cannabis with tobacco can increase the risk for dependence on these substances more than smoking either one alone.

Content adapted with permission from the Canadian Centre on Substance Use and Addiction.