

TRY TO AVOID

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

It's a great idea to talk to your physician about cannabis and other medications. 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.

Using regularly at an early age

You are more likely to experience harm from cannabis because your brain is still developing until around the age of 25. If you are able to wait, this will lower your risks.

GETTING HELP

Algonquin College Resources

The AC Umbrella Project:
algonquincollege.com/umbrellaproject

Counselling Services:
CONFIDENTIAL, non-judgmental,
free counselling for students.
613.727.4723 ext. 7200
algonquincollege.com/counselling

Mamidosewin Counselling Services:
CONFIDENTIAL, non-judgmental
free counselling with an Aboriginal Counsellor.
613.727.4723 ext. 7186
algonquincollege.com/mamidosewin

Health Services:
613.727.4723 ext.7222
algonquincollege.com/healthservices

Community Resources

Rideauwood Addictions and Family Services:
613.724.4881 | rideauwood.org

Ottawa Addictions Access and Referral Services:
613.241.5202 | saato.ca

Centre for Addiction and Mental Health:
camh.ca

The Drug and Alcohol Helpline:
1.800.565.8603 (Toll Free)
drugandalcoholhelpline.ca

**ALGONQUIN
COLLEGE**

Inspired By:

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Umbrella
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

Be sure you trust your source Cannabis is often unregulated. To be safe, get cannabis from a government regulated store. If you are using from a new source, try to use with a friend and carry naloxone, in case your supply has been contaminated.

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—\$80-\$500. 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

Edibles refer to anything eaten or drank that contains cannabis. It can be hard to find the right dosage when doing edibles. It's best to start with a small amount no more than 5mg and wait for up to 90 minutes to feel the effects. This will help to prevent you from getting higher for longer than you wanted to.

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 joints 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).