

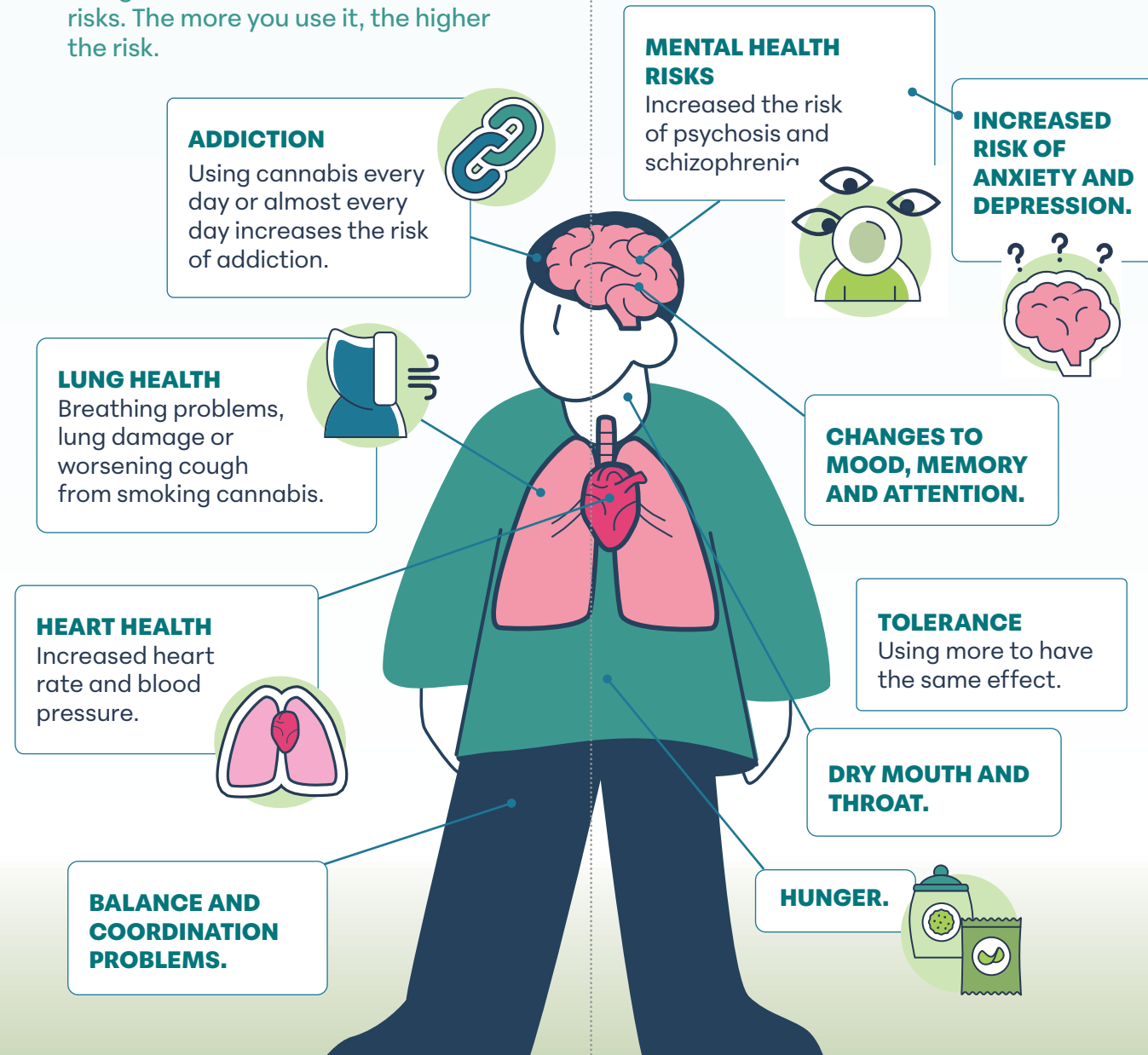
What you know about
CANNABIS
matters!

Cannabis and **YOUR BODY**



PHYSICAL AND MENTAL HEALTH EFFECTS

Cannabis has chemicals that affect mood, appetite, and how we feel pain. Using cannabis can increase health risks. The more you use it, the higher the risk.



REDUCE YOUR HEALTH RISKS

- ✓ **Start low**
Using cannabis products with lower levels of THC will help you feel more in control.
- ✓ **Go slow**
It can take from 30 minutes to 4 hours to feel the full effects of cannabis.
- ✓ **Limit use**
to once per week or less.
- ✓ **Don't mix**
cannabis with other substances.
- ✓ **Never drive when using cannabis**
Wait at least 6 hours after using cannabis to drive.
- ✓ **Use responsibly**
Reduce increased health risks by delaying cannabis use until the age of 25.



Avoid if pregnant or breastfeeding since cannabis harms your baby's health.

HELP AND SUPPORT

If cannabis is affecting your mental health, well-being or relationships, there are many supports to help.

- + Talk to a health-care provider.
- ♥ Talk to trusted Elders, family and friends.
- ☎ Call the Nunavut Quitline at **1-866-368-7848** for confidential support from counsellors in Inuktitut, English, Inuinnaqtun or French.
- 💬 Text NUQUITS to 123456 for support and tips.
- f Visit [Facebook.com/NuQuits](https://www.facebook.com/NuQuits).
- 🌐 Visit [nuquits.ca](https://www.nuquits.ca).



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