

What you know about
CANNABIS
matters!

CANNABIS AND YOUR HEALTH

A Guide for
Responsible Use



WHO SHOULD AVOID CANNABIS



If you are pregnant or breastfeeding.
Cannabis can harm the baby's development and health long-term.



If you or your family have a history of mental health illness.
This includes psychosis, schizophrenia or addiction.

CANNABIS AFFECTS YOUR MENTAL HEALTH.



Trouble with memory and focus.
Cannabis can make it hard to concentrate, learn and remember things, especially for youth under 25.



Other mental health problems.
THC can cause or worsen anxiety, depression and psychosis.

SIGNS OF CANNABIS ADDICTION



Heavy cannabis use may cause you to feel like you are unable to control your use.

Signs include:

- Using more to get the same effect.
- Wanting to quit but not being able to.
- Not taking care of work, school or home duties.
- Feeling nervous, angry or restless when not using.



THC



**CHOOSE
PRODUCTS WITH
LOWER THC AND
HIGHER CBC.**

**USE LESS,
LESS OFTEN.**

Using once a week or less can reduce risks.



START LOW, GO SLOW.



Start with one to two puffs if smoking. If using edibles, start with a small amount (2.5 mg THC) and wait to see how you feel before having more.

REDUCING THE RISKS



**CHECK YOUR
MEDICATIONS.**

Talk to your health-care provider to make sure cannabis does not interact with any medications.

STORE IT SAFELY.

Keep cannabis out of reach and sight of children and pets in a locked area. Store it in its original package, and away from other foods.



**DON'T MIX
SUBSTANCES.**

Using alcohol and cannabis together can cause stronger, less predictable effects and increase health and safety risks.

**DON'T DRIVE AFTER
USING CANNABIS.**



Wait at least 6 hours after using cannabis. You may need to wait longer, up to 12 hours, after consuming edibles or depending on the amount of cannabis used.



AVOID SMOKING.

If you smoke cannabis, avoid inhaling deeply or holding your breath. This does not increase the effects and may increase harm to your lungs.

The best way to avoid the risks of cannabis is not to use.



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.
- + Visit Facebook.com/NuQuits.
- + Visit nuquits.ca.



nuquits.ca

