SHORT-TERM EFFECTS

- **Feeling happy and relaxed.**
- **Feeling anxious or paranoid.**
- **Feeling very hungry.**
- **Slower reaction times.**
- **Forgetfulness.**
- **Having trouble paying attention and thinking clearly.**

LONG-TERM EFFECTS

Using cannabis daily or almost daily increases health risks:

Mental health
Worsen symptoms of depression and anxiety.

Psychosis
Seeing or hearing things that aren't real.

Difficulty thinking
Affects focus, memory, and learning.

Breathing problems
Coughing, wheezing, chest pain, and worsens asthma.

Addiction
Makes it hard to stop using.

Lung and heart
Cannabis smoke has many harmful chemicals linked to health risks.

It is illegal to use cannabis and drive.

Driving while high makes accidents 2 to 3 times more likely.

6+ HOURS

Wait 6 hours or more before driving. Wait longer if you eat or drink cannabis edibles.

OVERCONSUMPTION

This happens when someone takes too much cannabis at once. Symptoms include:

- Feeling very anxious or scared.
- Fast heartbeat.
- Feeling dizzy or sick.
- Throwing up repeatedly.
- Dry mouth.
- Trouble walking or moving properly.

These effects are temporary. If you're feeling very sick, contact your health-care provider.





CANNABIS DEPENDENCY

This can happen when using cannabis with high levels of THC daily, or nearly every day.

Some signs are:

- Using more cannabis, more often.
- Not being able to control how much you use.
- Not being able to focus on school, work or home duties.
- Giving up other activities so you can use cannabis.

REDUCE YOUR RISK:
KNOW BEFORE YOU USE

- **If you are under 25:** Avoid using cannabis as it can negatively affect your developing brain.
- **Limit use:** Use less than once a week and pick products with lower THC.
- **Start low, go slow:** Start with 1-2 puffs, if smoking or 2.5 grams if using edibles.
- **Protect your lungs:** Avoid smoking cannabis to help keep them healthy.
- **Don't mix cannabis with alcohol, drugs, or medications as it can increase health and safety risks.**
- **If you are pregnant or breastfeeding:** Avoid using cannabis as it can be harmful to the developing baby.
- **Mental Health:** Avoid cannabis use if you or your family have a history of mental illness as it can worsen symptoms and increase risks.

THE BEST WAY TO PREVENT THE RISKS IS TO AVOID CANNABIS USE.

Scan this QR code to learn more about safer cannabis use

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

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A Guide To Safer Cannabis Use

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What you know about CANNABIS *matters!*

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