Did you know that any form of cannabis use has health risks?

- THC is what causes you to feel 'high' and can change the way that you think, feel, and act.
- CBD doesn't make you feel high.

Just because it comes from a plant doesn't mean it is safe.



HOW TO REDUCE THE RISKS

Did you know that your brain keeps developing until age 25?

Using cannabis before then can affect how your brain develops. The best way to avoid the risks is not to use cannabis, and the longer you wait, the lower the risk to your health.

If you decide to use cannabis:

Use products with low THC

Choose products with 10% or lower THC. Products high in THC may cause or worsen mental health problems.

Use Less, Less Often

Limit cannabis use to once a week or less. Consider limiting use to weekends so you can focus on school or work during the week.

Start Low, Go Slow

Start with 1-2 puffs if smoking or 2.5 grams if using edibles. It can take from 30 minutes to 4 hours to feel the full effects of cannabis.

Plan a Safe Way Home

It is illegal to drive after using cannabis. It can make it harder to focus and slow reaction time. Plan a safe ride before you use.

Know Your Product Source

Choose cannabis from legal sources. Legal products are tested, regulated, and labeled with THC and CBD levels so you know what you're using.

Consider Drug Interactions

Mixing cannabis with alcohol, tobacco, medications, or other drugs can increase risks and lead to stronger, unpredictable effects. Avoid mixing substances.

Avoid Cannabis When Pregnant or Breastfeeding

Cannabis can pass to your baby during pregnancy and through breast milk. This may affect your baby's growth and development. Talk to your health-care provider for more information.

Avoid fake cannabis like Spice or K2. These can be very dangerous—even deadly!



CANNABIS AFFECTS YOUR MENTAL AND PHYSICAL HEALTH

Mental Health

Cannabis can worsen anxiety and depression. It can also trigger psychosis (not knowing what is real and hallucinations or delusions).

Learning and Focus

Cannabis use slows reaction time and worsens your judgement.

Breathing and Heart Health

Smoking cannabis can harm your lungs and cause coughing and trouble breathing. It may raise heart rate and blood pressure, increasing the risk of heart issues.

Addiction

Seek support if you are:

- 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.

HELP AND SUPPORT

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

- 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

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Cannabis and Young Adults

19-25 years old

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What you know about CANNABIS *matters*

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To learn more about the risks of cannabis use visit

nuquits.ca