## **Cannabis** & Your Health

## 10 WAYS

to Reduce Risks When Usina

Cannabis use is now legal for adults, but it does have health risks. If you use non-medically, you can make informed choices for safer use.



Delay using cannabis as late as possible in life, ideally not before adulthood.

Avoid using if you're pregnant, or if you or family members have a history of psychosis or substance use problems.



Choose low-potency products — those with low THC and/or high CBD content.

Stay away from synthetic cannabis products, such as K2 or Spice.

Use cannabis in ways that don't involve smoking - choose less risky ways of using like vaping or ingesting.

If you do smoke, avoid deep inhalation or breath-holding.



Occasional use, such as one day per week or less, is better than regular use.

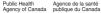
Don't operate a vehicle or machinery while impaired by cannabis. Wait at least 6 hours after using. Remember that combining alcohol and cannabis makes you more impaired.

Your actions add up. The more risky choices you make, the more likely you are to harm your health.

Not using cannabis at all is still the best way to protect your health (unless you use with a medical recommendation).

When using cannabis, be considerate of the health and safety concerns of those around you. Don't hesitate to seek support from a health professional if you need help controlling your cannabis use, if you have withdrawal symptoms or if your use is affecting your life.









## MENTAL HEALTH & ADDICTION SERVICES

Burgeo Deer Lake

886-2185 635-7830 **Norris Point** Port aux Basques 458-2381

695-6250 Port Saunders Stephenville 861-9125

Corner Brook Corner Brook Children & Youth Adult 634-4171 634-4506

DOORWAYS WALK-IN SERVICES Contact your local office for details.

YOUTH OUTREACH SERVICES

643-8740

Port aux Basques & Area: 695-6901

643-4595 Stephenville & Area: 639-1710 Corner Brook & Area:

Bonne Bay & Area: 458-2381 ext. 271

PREVENTION & PROMOTION SERVICES

Addictions Prevention: 634-4921 Mental Health Promotion: 634-4927

**CRISIS & HELP LINES** 

Mental Health Crisis Line: 1-888-737-4668

text 'Talk' to 686868 Crisis Text Line:

Kids Help Phone: 1-800-668-6868

CHANNAL Warm Line: 1-855-753-2560 First Nations & Inuit

Hope for Wellness Help Line: 1-855-242-3310

**HFAITHLINF:** 811

MH&A Systems Navigator 1-877-999-7589

ONLINE RESOURCES

www.BridgethegApp.ca Interactive resources for mental wellness

www.CheckItOutNL.ca

Mental Health & Substance Use Screening

Health WWW.WESTERNHEALTH.NL.CA/MHA

Prevention & promotion information, resources, & programs

Western