

If you are using alcohol, other drugs and/ or gambling and you've tried to change your behaviour but you feel frustrated and hopeless when you are unsuccessful, what do you do?

- Admit you need help. This can be the most difficult step towards your recovery.
- Educate yourself about the signs of addiction and what you can do to cut down on your use to reduce your risk of getting hurt.
- You can contact an Addictions Counsellor. Know there are many options available. For further information contact the nearest Mental Health and Addiction Services office.

Regional Office Contacts

Corner Brook	634-4506
Deer Lake	635-7834
Norris Point/Cow Head	458-2381
Port Saunders	861-9125
Stephenville	643-8740
Burgeo	886-2185
Port Aux Basques	695-6258

Contact Western Health Mental Health and Addiction Services Office at 634-4506.

Get Up On It
www.getuponit.ca

Alberta Drug and Alcohol Commission Teen Site
www.zoot2.com

Alberta Drug and Alcohol Commission Kids Site
www.aadac4kids.com

Freevibe - Anti Drug Page for Teens
www.freevibe.com

Addictions Services
www.health.gov.nl.ca/health/commhlth_old/factlist/d rugdepts.htm

The Pot and Driving Campaign
www.potanddriving.cpha.ca

Other Resources (Toll Free)

Mental Health Crisis Line	1(888) 737-4668
Gambling Crisis Line	1(888) 899-4357
Kids Help Line	1(888) 668-6868
Parent Help Line	1(888) 603-9100

The Truth About Marijuana



“Get Up On It”
Draw Your Own Conclusions



OUR VISION

The vision of Western Health is that the people of Western Newfoundland have the highest level of health and well being possible.



Western Health

WHAT IS MARIJUANA?

Marijuana, hashish (hash) and hash oil come from cannabis sativa, a type of hemp plant. All three contain THC, a chemical that changes the way you think, feel, and act. The word “cannabis” is used to refer to all three. (CAMH, 2008)



Marijuana is made from the dried leaves and flowering tops of the plant. (CAMH, 2008)

Cannabis remains the second most popular drug used by Newfoundland and Labrador students. (Newfoundland and Labrador Student Drug Use Survey, 2007)

Marijuana smoke contains more tar and more of some cancer-causing chemicals than tobacco smoke. (CAMH, 2008)

DID YOU KNOW...

You have a greater chance of having a car crash when you drive after using marijuana. (CAMH, 2008)

Mixing marijuana and alcohol is more dangerous than using each drug separately. (CAMH, 2008)

THC (the active ingredient in marijuana) remains in your brain for days or weeks, and affects your memory, speech, and learning. (CAMH, 2008)

THC is stored in your fat cells and can stay in your body for days or weeks. This means you would test positive for a drug test weeks after you smoked marijuana. (CAMH, 2008)



In people at high risk of developing schizophrenia, marijuana may bring on symptoms earlier. (CAMH, 2008)

Marijuana that you buy illegally may contain other drugs, harmful pesticides, or fungus. (CAMH, 2008)

COMMON MYTHS

MYTH

Marijuana is natural, so it can't be bad for you.

FACT

A lot of natural things are poisonous. When you smoke marijuana, it releases harmful chemicals into your lungs. (CAMH, 2008)



MYTH

You can't get addicted to marijuana.

FACT

Some people have a hard time quitting and have to find treatment. They may feel they need the drug, and get anxious when they don't have any. Some people experience anxiousness, irritability, upset stomach, or nervousness without the drug. (CAMH, 2008)

MYTH

Marijuana is legal.

FACT

Marijuana possession is illegal in Canada. A change has been proposed in the law about possessing marijuana and possession of small amounts would be reduced to a fine BUT possession would still be ILLEGAL. (CAMH, 2008)