

# Cannabis & Your Health

## 10 WAYS to Reduce Risks When Using

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.*



Public Health  
Agency of Canada

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camh



CANADIAN RESEARCH INITIATIVE  
IN SUBSTANCE MISUSE

## MENTAL HEALTH & ADDICTION SERVICES

**Burgeo**  
886-2185

**Port aux Basques**  
695-6250

**Stephenville**  
643-8740

**Corner Brook**  
Adult  
634-4506

**Deer Lake**  
635-7830

**Norris Point**  
458-2381

**Port Saunders**  
861-9125

**Corner Brook**  
Children & Youth  
634-4171

### DOORWAYS WALK-IN SERVICES

Contact your local office for details.

### YOUTH OUTREACH SERVICES

Port aux Basques & Area: 695-6901

Stephenville & Area: 643-4595

Corner Brook & Area: 639-1710

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

Crisis Text Line: text 'Talk' to 686868

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

HEALTHLINE: 811

**MH&A SYSTEMS NAVIGATOR** 1-877-999-7589

### ONLINE RESOURCES

[www.BridgethegApp.ca](http://www.BridgethegApp.ca)

*Interactive resources for mental wellness*

[www.CheckItOutNL.ca](http://www.CheckItOutNL.ca)

*Mental Health & Substance Use Screening*

[WWW.WESTERNHEALTH.NL.CA/MHA](http://WWW.WESTERNHEALTH.NL.CA/MHA)

*Prevention & promotion information, resources, & programs*



**Western  
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