

MIXING CANNABIS AND OTHER DRUGS

- Mixing cannabis with other drugs like alcohol or benzodiazapines (eg. Serepax, Valium, Rohypnol) - may make the negative of both drugs worse
- Mixing cannabis with tobacco may increase the risk of developing a dependence on both nicotine and cannabis
- Mixing cannabis and amphetamines (speed, whizz, go-ey) may make the negative effects of both drugs worse

CANNABIS AND PREGNANCY

Any drug a woman uses when pregnant will get into the baby's body. Not a lot is known about the effects of cannabis on unborn or breastfed babies. It is probably best that a woman does not use cannabis if she is pregnant or breast feeding

HELP FOR CANNABIS USERS?

If a Person is concerned about their cannabis use, need to be encouraged to get help from their local Aboriginal Health Worker, doctor or drug and alcohol service.

Families and friends who are concerned about someone they care about can also get support and information from these places.



**ABORIGINAL
DRUG AND ALCOHOL
COUNCIL (SA) INC.**



**INDIGENOUS
SUBSTANCE MISUSE
HEALTH PROMOTION UNIT.**

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CANNABIS

Important things
to know

WHAT IS IT?

Cannabis slows down body functions. It can make a person see and feel things in different ways. Other names for cannabis include yandhi,gunja, nuntha boolya, grass, smoke, dope and weed.

WHAT DOES IT LOOK LIKE?

cannabis comes from a plant. It looks like a tall weed. It can be grown indoors or outdoors. Marijuana is the dry parts of the plant. The dried flower buds of the plant (heads) are usually what people buy. Hashish is dried cannabis resin. Hash oil is a thick, dark liquid.

HOW IS IT USED?

Most people use marijuana, the dried parts of the cannabis plant. Marijuana is usually smoked in a pipe or bong or rolled into a joint. It is often mixed with tobacco and smoked

WHO USES IT AND WHY?

People use drugs for many reasons. Frustration, boredom, difficulties and problems with other people, curiosity and because it can make a person feel good for a little while. All of these reasons may be why someone uses cannabis. Some people smoke it a few times and then decide they don't like it.

Other people smoke it occasionally, maybe when they are with friends and family. Other people use it every day. Some people who use every day may eventually come to feel that they can't do without it. This is called being dependant on cannabis

Each way of using may have its own problems. For example, someone who is experimenting may have a bad experience with using and get very upset and panicky if they feel it is all going wrong. Occasional users may be more at risk of accidents if they don't make sure that they are using in a safe place, with people they know. Heavy users run a greater risk of physical and mental health problems.

WHAT EFFECT DOES IT HAVE

Cannabis affects different people in different ways. In general, when a person uses cannabis they can feel more relaxed, happy and friendlier towards other people. They may not be able to remember things or to think straight. They may be more unsteady on their feet and driving can be a problem. They will often have red eyes. These effects may last 2-3hours if the cannabis is smoked, or longer if it has been eaten.

Because of the effects that it has, it can be dangerous to drive or operate machinery especially if the person has used alcohol as well

LONG TERM USE

Lungs and breathing- Lung problems like bronchitis or cancer, espeacially if they mix tobacco with their cannabis.

Heart or blood pressure - if you have these sort of conditions, cannabis can make them worse.

Thinking and feeling - less motivation, less able to concentrate or remember things.

Depression - cannabis may make people who are anxious or depressed feel worse in the long run.

Mental Health - cannabis may make problems like schizophrenia worse.

Family and community - not taking care of responsibilities, spending a lot of money on cannabis, worrying family and friends.

The law - because cannabis is illegal, users may have problems with the law for growing, dealing or smoking.

Needing it all the time - people use over a long time or use heavily may need to use more and get more cannabis to get the same effect. Some get to the point where they feel that they need a smoke to be able to do anything at all. They become dependent on cannabis, so that it becomes the most important thing in their life.

Coming off cannabis - long time, heavy users may have some problems if they suddenly stop using. They may not be able to sleep well, they may get cranky and lose their appetite.