

# Information about Cannabis



## What is it?

Pot, weed, bush, herb, skunk, hash, dope...

A green bushy plant, grown in many parts of the world. Can be smoked in cigarette papers usually referred to as a joint/spliff, vaped, smoked in a pipe or bong or taken orally in drinks or food.

Herbal cannabis is made from the dried buds and in the UK is home grown, over the years people have 'cross-bred' and cultivated stronger, high THC plants sometimes known as 'Skunk'. It can also be imported from outside of the UK. There is more being sold after being imported from places such as California, but this is very expensive compared to the 'home grown' variety.

Resin is scraped from the dried plant and pressed into blocks, brown/black in colour, which are then broken up or crumbled.

Cannabis contains several psychoactive compounds, the main ones being THC and CBD.

**THC effects** - The high, psychoactive, hilarity, increased appetite or 'munchies', paranoia and irritability.

Linked to long term mental health issues such as psychosis, depression and anxiety

**CBD effects** - Appears to reduce some of the negative side effects of THC such as anxiety. Anti-inflammatory properties; feeling relaxed and tired.

**Health** - Increases heart rate, decreased blood pressure, dry mouth, bloodshot eyes, increased or loss of appetite, dizziness, nausea, reduce reaction times/affects co-ordination, short term memory loss, loss of motivation, increased risk of lung cancer or other respiratory problems.

**Law** - Class B drug – Maximum penalty over the age of 18 years old:

Possession – up to 5 years in prison and unlimited fine.

Intent to Supply – up to 14 years in prison and unlimited fine.

**Harm Reduction** - **The best way to reduce risk is to not use it at all.**

- Use thinner rolling papers for joints
- Use longer roach, using plain card with no print or ink
- Do not take deep tokes and hold
- Use smaller amount to test strength and effect
- Use a herbal mixture rather than tobacco – buy from a reputable stockist
- Do not mix with other drugs or alcohol
- If you are having edibles – have a small amount and wait at least an hour for the drug to take effect before you have any more – it takes longer to feel the effect when eating rather than smoking
- Do not drive or use machinery after using
- Try to use the same dealer as you will have a better idea of potency and quality
- Do not use alone – use with people you trust.



**Nottingham  
Recovery  
Network**

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