

Cannabis
Information sheet



Date.....

Client's name.....

Worker's name.....

Comments.....

Smoking cannabis over a long period can build up a tolerance. This means you'll need to use more to get the same feeling or effect.

Smoking cannabis could possibly lead to the following problems.

Short-term effect

- Concentration problems
- Anxiety
- Paranoia
- Hallucinations
- Increased chance of developing mental health problems
- Change in physical appearance
- Being charged with a criminal offence
- Premature birth or distressed babies

Long-term effect

- Lack of money due to spending on cannabis
- Less motivation
- Becoming antisocial
- Paranoia
- Mental health problems
- Increased risk of lung, throat and mouth cancers or diseases
- Poor diet

When withdrawing from cannabis you may experience:

- sleep problems
- irritability
- anxiety
- confusion
- night sweats
- restlessness
- depression
- anger
- loss of appetite
- diarrhoea
- cravings
- tremors