This leaflet can help you assess your cannabis use, its impact on your life and how to make changes if you decide to.

Smoking cannabis may cause you problems in different areas of your life and the negative effects can begin to outweigh the reasons you started to smoke cannabis in the first place.

Some cannabis smokers will decide they want to cut down and stop; some will find this easy, others will find it hard. Are you in control of your cannabis use? Are the pros still outweighing the cons? Read through this leaflet and decide for yourself.
DEPENDENCY

During the last few years it has become clear that cannabis use can result in dependency and lead to problems.

Are you spending too much time, energy and money on weed? Does a lot of your day revolve around dope? Do those close to you complain that you’re stoned all the time?

> Cannabis can lead to problems – could you stop if you wanted to?
Your lungs were not meant to take in hot, noxious gases, so smoking cannabis is bad for you.

If you smoke cannabis with tobacco, you expose your lungs to two harmful drugs and this increases the risks. Smoking can lead to illnesses like bronchitis, emphysema and cancer.

Many cannabis users also become long-term cigarette smokers. Giving up tobacco may be more difficult as a result of your cannabis use.
If you intend to go on smoking, you can reduce the risks to your throat, chest and lungs by not holding smoke in your lungs or inhaling too deeply. Inhaling deeply won’t get you more stoned; your lungs will just breathe in more toxins.

> Smoking cannabis can damage your health and other people’s health too—show some respect and don’t smoke around others, particularly children. Ideally, cut down and stop.
MENTAL HEALTH

Have you ever felt tense or agitated after smoking pot? Have you ever had uncontrolled thoughts or become confused after a joint? Have you seen a friend really lose it?

Some people experience unpleasant effects when they use cannabis, such as anxiety, panic attacks or paranoia. Usually those symptoms stop once the cannabis has worn off.

If you have had a mental health problem before or if you have a history of mental health problems in your family, cannabis can trigger serious mental health problems (such as schizophrenia). There is also concern that people who use cannabis a lot when they are young may be vulnerable to mental health problems later in life.

If you already have a mental health problem, cannabis will probably make your symptoms worse.

> If cannabis is affecting your mental health, stop using it.
DEBT

One of the commonest problems with cannabis is spending too much money on it!

Look at how much weed you're going through each week. Do you spend more than you meant to? How can you cut the cost?

How much money do you spend on cannabis every week? Think what else you could buy with that amount of money.