

The Law



(Image 5)

Cannabis is a Class B drug means it is illegal to have in your possession

Possession can lead to 5 years in prison and a unlimited fine or both

If caught supplying to friends or others then you can receive up to 14 years in prison and a unlimited fine or both

If you are under the age of 18 years old then the police have the rights to inform parents/carers/guardians that you have been caught with cannabis

Police also have the rights to issue a £90 on the spot fine if caught in possession of cannabis on the streets

(GOV.UK, 2019)

Help & Support Groups

Mind

Tel: 020 8519 2122, F: 020 8522 1725
(Mind.org.uk, 2013)

Mind Cymru

Tel: 029 2039 5123
e: supporterrelations@mind.org.uk
(Mind.org.uk, 2013)

Talk To Frank

Tel: 0300 123660
Email: frank@talktofrank.com
Text: 82111
(Talktofrank.com, n.d.)

Kaleidoscope Powys Drug Service

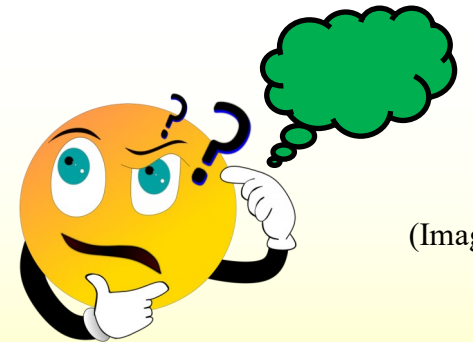
Single Point of Contact: 01686 207 111
Brecon – Tel: 01874 622 333
Llandrindnod Wells – Tel: 01597 825 102
Newtown – Tel: 01686 610 422
Welshpool – Tel: 01938 554 013
Ystradgynlais – Tel: 01874 622 333
www.recoverypowys.uk

(Kaleidoscope Project, n.d.)

Cannabis & Your Health



(Image 1)



(Image 2)

what is cannabis ?

It is a plant that grows in the wild, mainly in tropical climates around the world.

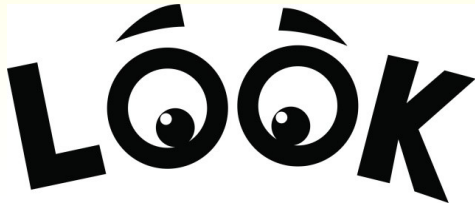
The main ingredient found in cannabis is called Delta-9 Tetrahydro-Cannabinol which is better known as (THC).

Cannabis is a depressant Drug.

It works by slowing down the nervous system activity, therefore delaying messages traveling from the body to the brain.

But if it is taken in large quantities then it can also produce hallucinogenic effects

(Mydr.com.au, 2019)



(Image 3)

What does cannabis look like?

It usually comes in a dried out form, either in a brown block (resin/puff) or in a green or brown grass like form

The colour can vary on its type, but all cannabis still comes from cannabis plants

(Talktofrank.com, n.d.)

How Is It Taken?

- ♦ Cannabis is usually inhaled and these methods include - Rolling it up in a joint (Cigarette)
- ♦ Smoking it through a bong (Waterpipe) or
- ♦ It can also be used in a vaporizer (Vape)
- ♦ Cannabis can also be ingested (Eaten) it can be made into teas/cookies and even cakes.
- ♦ Each method varies in how it can affect a person

(Teen Mental Health, 2019)

The Effects

1. It can make you feel sick/faint/dizzy
2. Make's you sleepy and lethargic.
3. Can affect your memory

(nhs.uk, 2017)

Your Mental Health



(Image 4)

- ♦ Using cannabis can trigger mental health issues in some people
- ♦ It can also be a big trigger if you already have an underlying mental health problem
- ♦ Research shows that you are more likely to develop mental health problems if you are a regular user of cannabis
- ♦ The younger the person that is taking or using cannabis the more high risk they are of developing mental health issues as your brain is still in its developing stages and the chemicals which are found in cannabis are damaging to the brain
- ♦ If a person who is already suffering from mental health problems continues to use cannabis then the symptoms can get worse

(RC PSYCH ROYAL COLLEGE OF PSYCHIATRISTS, 2019)