

SAFE CANNABIS USE



Using cannabis can increase concerns of psychosis or mental health issues, including anxiety.



Cannabis use can delay brain development in youth until the age of 22.



Using cannabis on a full stomach can moderate the intensity of negative effects, such as anxiety, nausea, vomiting, and fainting.

When smoking, take shallow puffs rather than large inhales, and don't hold your breath.

95% of the THC is absorbed in your lungs within a few seconds.

Take your time!



If ingesting cannabis, wait at least **one hour** to feel the effects before taking more. If inhaling cannabis, wait at least **ten minutes** to feel the effects.

Vaporizers are the safest method of inhaling cannabis, followed by joints.



Bongs are the least safe and cause greater inhalation of toxins.

Remember, you are a student first. If your use of cannabis or other substances is interfering with your academics, or has become a method to cope with stress or difficulties, please reach out to someone for support.

Resources adapted from:

Algonquin College & The AC Umbrella Project - www.algonquincollege.com/umbrellaproject | Centre for Addiction Research of BC - www.carbc.ca
Vancouver Coastal Health - www.vch.ca | Here to Help - Here to Help is a project of the BC Partners for Mental Health and Addictions Information.

ON CAMPUS RESOURCES

Security
C-103
security@mohawcollege.ca
905-575-2003

Student Rights and Responsibilities
C-102 (The Square)
studentissues@mohawcollege.ca
905-575-2181

Counselling Services
C-102 (The Square)
counselling@mohawcollege.ca
905-575-2211

OFF CAMPUS RESOURCES

Good2Talk
www.good2talk.ca
1-866-925-5454

CAMH
www.camh.ca

The Drug and Alcohol Helpline
1-800-565-8603 (toll free)
www.drugandalcoholhelpline.ca