

Cannabis



Cannabis is a drug which can change the way you feel and act



In the UK it is illegal to have, use or sell cannabis



If you are caught with cannabis you may have to pay a fine or spend time in prison



Cannabis can be smoked or eaten



Some people who use cannabis get a painful cough



Cannabis can also make you feel sad or worried



Cannabis can make you see or hear things which are not really there



Drinking alcohol can make the effects of cannabis more intense



Some people receive a prescription for cannabis, but this **is not** common. If you get a prescription for cannabis, it is legal to use it



When you stop using cannabis, it may be difficult. You may need to slowly reduce how much you use over time



You can get support from your GP or local drug and alcohol team. They will be able to give you advice using cannabis on how to safely stop

You can phone or email your local drug and alcohol service using the following details:

If you live in Middlesbrough:

Phone: 01642726800

Email: accessingchangetogether@middlesbrough.gov.uk.

If you live in Stockton:

Phone: 01642673888

Email: Stockton.recovery@cgl.org.uk

If you live in Hartlepool:

Phone: 01429285000

Email: substancemisuse@hartlepool.gov.uk

If you live in Redcar and Cleveland:

Phone: 03003033781