

# Cannabis:

## Harm-Reduction Strategies

**Do you know  
the  
components  
of Cannabis?**



**THC** - is the psychoactive component of cannabis. Has more cognitive side effects than CBD.



**CBD** - does not have a euphoric effect. Can have some medicinal uses. Can counteract the effects of THC.

**Different  
ways people  
use  
cannabis:**

- **Inhalation** - takes seconds to minutes to feel the effects. The effects can last up to 6 hours. It can take up to 30 minutes to feel the effects.
- **Ingestion** - can take 30 minutes to 4 hours to feel effects. Effects can last 12 hours.
- **Anything taken during this time can have compounding effects**

**Ways to  
manage  
unwanted  
side effects:**

- **Reduce dose** - this can include the potency of THC, the frequency you use at or the amount used.
- **Pay attention to signs of problematic substance use** - this can include a feeling of dependence
- **Withdrawal symptoms can look like anxiety and fatigue** - if you notice symptoms consider reaching out to someone for help

Information adapted from: