

Cannabis

Edibles

Advice and Information



Cannabis Edibles

There are many forms of cannabis edibles, including cakes, biscuits, sweets, chocolates, drinks and shakes. They vary widely in their appearance, strength and content and are unregulated products.

This means that they may not always contain what you think or what you have been told so don't be fooled by their packaging.

Cannabis edibles usually contain tetrahydrocannabinol (THC) and cannabidiol (CBD). THC can produce pleasurable effects but can also cause anxiety and paranoia. CBD works on the pain and mood management areas of the brain and can help to balance out the unpleasant effects of THC. However cannabis edibles may contain other ingredients which could make them more harmful.

The best way to avoid risks is not to take any illicit drugs.

If you chose to take them, follow this advice:

Start low. As the cannabinoids are in food or drink it's difficult to know what those active ingredients are or how much of the active ingredients you have actually taken.



Go slow. Edibles take much longer to have an effect than smoked cannabis. Wait at least an hour to check the effects before consuming more. It can take a few hours to feel the full effects.

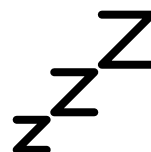


Avoid mixing with alcohol or other drugs. The effects may be stronger and more unpredictable when eating rather than smoking cannabis.



Avoid using alone. Try to be with people that you know well and trust in a safe environment, especially if it's your first time.

Look after friends, if they are sleeping or unconscious, put them in the recovery position. If in doubt, get help straight away.



Some young people in Leeds have been admitted to hospital because of edibles. If you are honest about what you (think) has been taken then it will be easier to get the right medical help quicker.



Further

Support

For more information on drug support in your area,
please visit: **forwardleeds.co.uk**
or email: **info@forwardleeds.co.uk**



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