

CANNABIS

TRUTH ABOUT IT

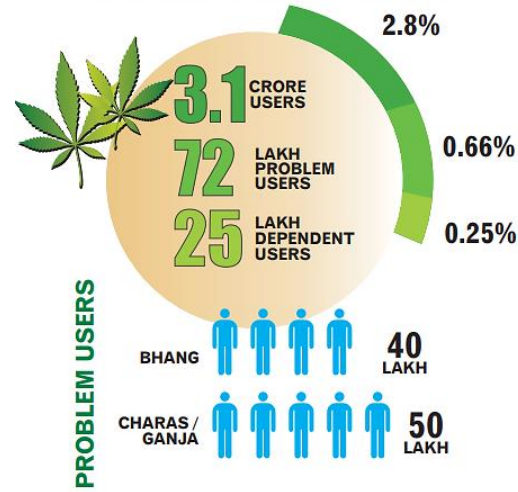


JSS Medical College and Hospital

Information Leaflet

Department of Psychiatry

Cannabis Use in India



! KNOW THE SIGNS

Symptoms of cannabis use include

- Poor physical coordination
- Red eyes
- Unusual smell on clothing
- Problem with memory
- Anxiety

**SLANG: WEED/POT/GRASS/ REEFER/
GANJA/MARY JANE/BLUNT/JOINT/TREES**



FACTS

Cannabis Affects Your Brain Tetrahydrocannabinol (THC) impacts brain cells related to learning, memory, coordination, and addiction.

Cannabis Affects Your Self-Control It can distort your sense of time and coordination, impacting activities like driving.

Cannabis Affects Your Lungs Marijuana smoke deposits more tar and contains 50-70% more cancer-causing substances than tobacco smoke.

Cannabis and Health Chronic use is linked to depression, anxiety, and an increased risk of schizophrenia.

Cannabis May Be Laced It can be mixed with substances like crack cocaine without your knowledge.

Cannabis Can Be Addictive Not everyone becomes addicted, but some users develop dependence.

Cannabis Withdrawal Symptoms

It appears within 24 to 72 hours of use

- Irritability
- Nervousness
- Difficulty sleeping or Insomnia
- Weight loss or decreased appetite
- Restlessness
- Physical symptoms: tremors, sweating, headache, chills, and nausea

How to say “No”?

1. Say no thanks
2. Give a reason facts or excuse
3. Walk away
4. Change the subject
5. Use humor
6. Repeated refusal (keep saying no)
7. Ignore (avoid direct confrontation)
8. Avoid the situation
9. Strength in numbers (stay with good number of people who do not use drug)

Know about cannabis before you use it...

Know the Law Cannabis is a Schedule I drug. Indian law prohibits buying or selling it.

Get the Facts Cannabis can cause memory problems and mood changes, and long-term use may lower intelligence.

Stay Informed Teens often try alcohol, tobacco, and Cannabis before other drugs, but most who use Cannabis do not progress to other drugs.

Know the Risks Cannabis affects coordination and reaction time, increasing the risk of car crashes and other accidents. Co-use with alcohol or other drugs heightens crash risks.

Look Around You who is smoking Cannabis in the past month.

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Where to seek help?

1. Visit to dept of Psychiatry
2. Tele Manas, 14416 for 24/7, free help (confidential)
3. **E-sanjeevani:** esanjeevani.mohfw.gov.in for online free consultation