

CANNABIS: MORE THAN JUST STONED

YOU CAN ALSO GET
ADDICTED TO CANNABIS



ncpic
national cannabis
prevention and
information centre

Cannabis and addiction



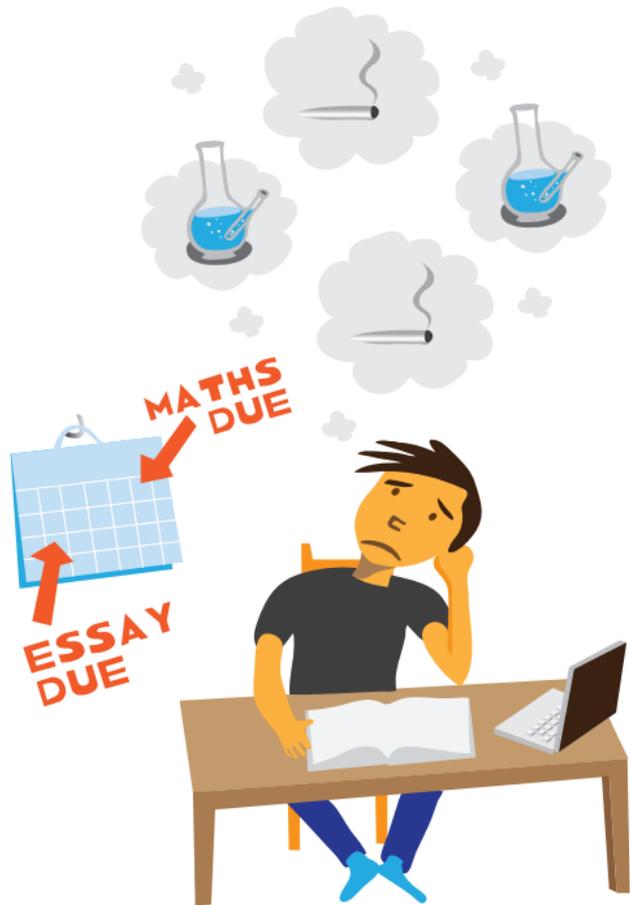
CANNABIS
MORE
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YOU CAN ALSO GET
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Cannabis and addiction



**You can get hooked on
(addicted to) cannabis**



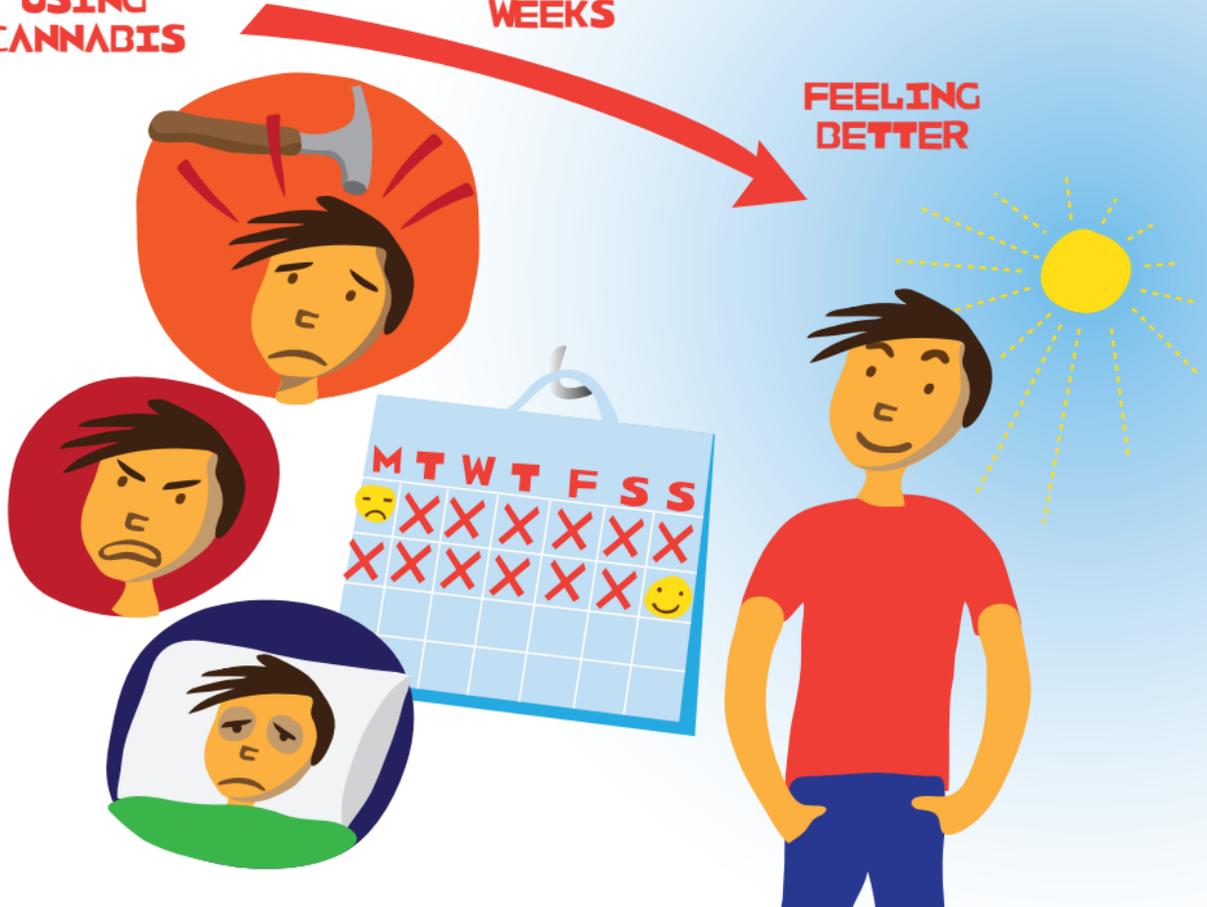
**People who are hooked think
about cannabis a lot**

**They need more and more of
it to get the same feeling**

**STOPPED
USING
CANNABIS**

**AFTER 2
WEEKS**

**FEELING
BETTER**



**When people try to give up
cannabis they can feel moody,
have sleep problems and feel
anxious or worried**

**This usually goes away after two
weeks and people feel better**

Addiction to cannabis means that the person needs to use cannabis just to feel 'normal'. They may need more cannabis to get the same feeling and feel bad if they stop

If someone uses cannabis every day, they have a one in two chance of getting addicted. Young people get addicted to cannabis more quickly than adults

When people try to quit cannabis they often feel anxious, have strange dreams, and feel restless or depressed. This usually gets better in two weeks

There is help if you need it. You don't have to go to treatment, you could try online help or call a helpline

Even talking with a counsellor once can help people quit. Some people may need to go to a clinic or hospital to help them quit

This resource is part of a series that provides cannabis-related information in an easy-to-read format. You can order all the titles at no charge from our website.

- What is cannabis?
- Cannabis and the law
- Cannabis and pregnancy
- Cannabis and addiction