Cannabis: More than just stoned. You can also get addicted to cannabis.
Cannabis and addiction

Cannabis

More than just stoned

You can also get addicted to cannabis

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

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.

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

Cannabis Information and Helpline:
1800 30 40 50
www.ncpic.org.au