

Should I bring up my mate's weed habit with them?

Is your friendship close enough to talk about it?

yes



no

Work out who you can confide in about your concerns and ask them to talk to your mate.

Suggestions:
Another close friend, sibling or trusted adult, youth worker or doctor.

Will it be easy to find the 'right time' to chat?

yes



Suggestions:

Ask when they are free for a coffee. Try the weekend, go for a walk together or hit the beach.



Do you have enough information about cannabis to share with your friend i.e. health effects, mental health impacts, legal issues, effects on work/study/relationships etc.?



no



Do your research about the impacts of weed.

Suggestions:

Check out the NCPIC website (www.ncpic.org.au) or call the Cannabis Information Helpline (1800 30 40 50).

yes

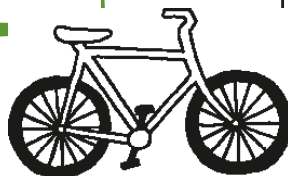
Do you know why your friend uses weed? Sometimes if we know the reasons people do things that aren't great for them, we can help them find healthier alternatives.



no

Try asking your mate what it is about weed that makes it worth using despite the drawbacks. Does it make them less anxious? Do they sleep better? Are they self-medicating or trying to make themselves feel better physically or emotionally? Sometimes people use simply for recreational purposes, but it turns into a bit of a bad habit. Help your friend brainstorm healthier ways to deal with their issues. Ideas might include consulting a doctor, psychologist, youth worker or even YOU!

yes



Here are some possible healthier and safer alternatives to suggest to your mate if the reasons they are using weed include the following:

Sleep problems: Visit the [Cannabis Sleep Centre](#) for help or check out this [blog](#) on improving sleep.

Recreation: This is where YOU come in! Suggest healthy, fun activities like swimming, bike-riding, hiking, seeing a movie, going to the gym, having a picnic or coffee etc. The list is endless!

Medical: Educate yourself and your friend on the issues surrounding this complex area by visiting our [Medical cannabis page](#)

Depression and/or anxiety: Check out our [Get Help page](#) for info about cannabis and mental health.



Good luck with your conversation about your mate's weed use. Check out the links below for any further info or ideas that may be useful!

We are here to help!



- [Talking to a young person about cannabis use booklet](#)
- [Quick and easy quiz to help your mate work out if they are addicted to weed](#)
- [Fast facts on cannabis and mental health](#)
- [The Quit Kit: A one stop shop to help your mate quit weed](#)
- [A wide range of factsheets exist on all sorts of cannabis-related issues](#)
- [What's the deal with quitting?](#)