***The Blunt Truth: Useful tips about safer ways to use cannabis***

**Definitions**

 Below you will find the definitions of commonly used terms in the LRCUG Youth Resource:

Cannabis: Also known as marijuana (grass, weed, pot, dope, ganja), hash­ish (hash), dabs and hash oil (weed oil, honey oil). Cannabis can be made into edibles either by cooking it into foods, such as brownies, or making it into a drink.

People have very different experiences with cannabis. Some people may feel relaxed, lively, talkative and giggly. Others feel tense, anxious, fearful and confused. Experiences vary because of factors such as the amount you use, the way you’re using, the setting you use in and personal factors like how old you are, how experienced you are with cannabis and what mood you’re in.

Psychosis: A mental state where people have trouble knowing what’s real and what’s not. When this happens, it is called a psychotic episode. Psycho­sis can include hallucinations (seeing, hearing, smelling, tasting or feeling things that aren’t there); disorganized speech, thoughts and behaviour; and other symptoms.

Psychoactive: Drugs, like cannabis or alcohol, that can change the way that a person thinks, acts or feels.

Substance use disorder: People use alcohol and other drugs for many reasons. When people crave a drug, lose control of how much or how often they use, feel that they have to use the drug and use despite negative conse­quences, their drug use may be problematic and considered a substance use disorder.

**Resources**

If you or someone you know is interested in finding out more, or if you think you need help controlling your cannabis use, the following resources are available:

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| **Provinces** | **Addictions Services (Organization Name and Link)** |
| British Columbia  | [HealthLink BC](https://www.healthlinkbc.ca/services-and-resources/about-8-1-1) |
| Alberta  | [Alberta Health Services](https://www.albertahealthservices.ca/amh/amh.aspx)  |
| Saskatchewan | [Saskatchewan Government](https://www.saskatchewan.ca/residents/health/accessing-health-care-services/healthline)  |
| Manitoba | [Addictions Foundation of Manitoba](http://afm.mb.ca/)  |
| Ontario | [Connex Ontario](https://www.connexontario.ca) |
| Quebec | [Quebec Government](https://www.quebec.ca/sante/conseils-et-prevention/alcool-drogues-jeu/?source=accueil)  |
| Newfoundland and Labrador | [Newfoundland Labrador Government](http://www.health.gov.nl.ca/health/addictions/services.html) |
| Prince Edward Island | [Prince Edward Island Government](https://www.princeedwardisland.ca/en/information/sante-i-p-e/addiction-services?utm_source=redirect&utm_medium=url&utm_campaign=addiction-services) |
| Nova Scotia | [Nova Scotia Health Authority](http://www.nshealth.ca/mental-health-addictions) |
| New Brunswick | [New Brunswick Government](http://www2.gnb.ca/content/gnb/en/departments/health/Addiction.html)  |
| Yukon Territory | [Yukon Health and Social Services](http://www.hss.gov.yk.ca/contactus.php) |
| Northwest Territories | [Government of Northwest Territories](http://www.hss.gov.nt.ca/en/services/nwt-help-line) |
| Nunavut  | [Government of Nunavut](https://www.gov.nu.ca/health/information/substance-abuse) |