

It can be hard to recognise when cannabis is causing problems in your own life. Why don't you answer the questions below and see what you find out about how cannabis is affecting you? This is not a replacement for a health assessment but it might help you to decide if using cannabis is a problem for you.

Questions

Yes

No

Do you ever worry about how cannabis is affecting you?

Has anyone (friends/family) told you to cut down or stop using cannabis?

Do you use cannabis most days?

Are you using cannabis more than you used to?

Do you feel frustrated if you can't use when you want to?

Do you ever have trouble remembering what you said or did, or concentrating on what you are doing (e.g. work/study)?

Do you use other substances when using cannabis (e.g. alcohol, amphetamines, or ecstasy)?

Do you put things off (work, appointments, study) because you are stoned?

Do you have less motivation/energy to do what you used to?

Have you experienced social, legal or financial problems because of your cannabis use?

Have you often thought 'I should stop or cut down'?

Have you tried to cut down or stop using cannabis and failed?

If you answered yes to 3 or more

It sounds like cannabis is affecting many parts of your life. In fact, it is possible that cannabis is affecting your life more than you realised and that continued use might lead to more serious longer term difficulties.

What next? You could choose to ignore the outcome of these questions or you could decide that this is your opportunity for change.

If now is not the time for you to stop using cannabis, perhaps you could learn more about how cannabis might affect you, and what help is available if you need it in the future.

Take control of how cannabis is affecting you.

If you think now is the time for change you could begin to look at how much cannabis you use, and how to make sure it does not lead to future problems. You don't have to do this alone. There are a range of people who can help you, and a good place to start is to get information about what you are going through. You can do that at websites like highsnlows.com.au. You could also call a confidential, anonymous helpline and discuss how you are feeling. Two great options are DirectLine 1800 888 236, or the Cannabis Information and Helpline on 1800 30 40 50.

If you would like to talk to someone in person, your best option is to see a health professional. The health professional can then support you to achieve your goals. Some of the things a health professional can help with include improving quality of life, increasing motivation, improving mood, reducing harm from use, lifestyle changes, strategies for quitting, problem solving, relationship advice, decreasing anxiety, improving sleep and many more. To do this, visit your doctor or call Directline 1800 888 236 – they will be able to set up an appointment with a health professional in your area.

Cannabis use can bring on highs but there are a range of lows that may not be far away.

If you did not answer yes to 3 or more

Your cannabis use may not be creating too many problems in your life at the moment but you may still want to think about giving it up/how you are using/cutting down/finding out more. Why don't you come back and answer these questions again in 6 months to make sure cannabis is not messing with your head.

Want to speak to someone about cannabis?

If you want to speak to someone about cannabis and what it is doing to you or a friend, you could try calling one of the support services below. These services are confidential and the people you talk to understand what you might be going through.

Cannabis Information and Helpline 1800 30 40 50

DirectLine 1800 888 236

Want to find more information?

If you want to go online, the following sites are full of good information and advice.

www.highsnlows.com.au – information and stories about cannabis and mental health

www.headspace.org.au – mental health services designed for young people

www.ysas.org.au – aims to improve the health and wellbeing of young people affected by the use of alcohol and other drugs