

What is it?

Cannabis is the most used illegal drug in Australia. Cannabis changes your mood and can affect your physical and mental health. Using sometimes is linked with little harm yet one in ten people who use become dependent. If you are dependent on cannabis, it's important to reduce or stop your usage.

What will my GP do now?

Your GP will help you develop a plan to stop or reduce. This plan may include:

- Checking your physical and mental health
- Talking to you about the risks of using other drugs, cigarettes, or alcohol
- Discussing referrals for drug and alcohol treatment

Your GP may also talk to you about things you can do to **reduce the risk of harm** if you are still using.

What will my GP do in the future?

Your GP will want to see you regularly to check in and review your treatment plan. If you are struggling to stop, your GP may discuss referrals to other treatment options.

What can I do?

Continue to see your GP regularly. Follow your treatment plan. Ask for a referral to a support service if you find it hard to stop using cannabis.

It's important to look after your health and wellbeing. Try to cut back on alcohol, smoking and other drugs. Regular exercise, sleep and a healthy diet will support your efforts to stop using cannabis.

What supports are available?

South Western Sydney Drug Health Services provides a range of services for people with drug and alcohol dependence, including inpatient detoxification, counselling, advice and referrals to other treatment programs. Your GP can refer you or you can contact the central intake line on **9616 8586**.

The Alcohol and Drug Information Service (ADIS) provides information about supports available to people experiencing drug and alcohol issues. To access ADIS, call **1800 250 015**

What questions could I ask my doctor?

- What are the risks of cannabis use?*
- Where can I get help to stop using?*
- What if I can't stop?*
- What can I do if my partner smokes?*



ACON Counselling for LGBTI: acon.org.au

Family Drug Support: fds.org.au

Lifeline: lifeline.org.au

E-health Resource - Drug and Alcohol

Where can I learn more?

If you'd like to read more about cannabis, the following resources can help.

Cannabis Information & Support: cannabissupport.com.au

Your Room - Cannabis: yourroom.health.nsw.gov.au