

Measure your doses accurately

Edibles: start with a low dose (around 2.5-5 mg of THC) and wait at least two hours to feel the full effects before thinking about having more. Edibles take longer to kick in and can give you a much stronger and longer-lasting high than expected. Taking more before the full effect kicks in can increase the risk of overdose or 'greening out'.

If you're smoking or vaping, take a puff or two and wait to see the effects. This is especially important if you don't use it much, or are trying a new strain.

Set = your mind and body

Your mindset (set) and environment (setting) can strongly influence how cannabis affects you - and whether the experience feels enjoyable or overwhelming. Because cannabis can amplify your mood and sensory perception, being aware of these factors can help reduce the risk of anxiety, paranoia, or other unwanted effects.

Setting = your surroundings

Using cannabis in a comfortable, relaxed environment - ideally with trusted people - can support a positive experience. Try to avoid chaotic or unfamiliar settings, especially if you're feeling unsure. Being in a safe space where you can rest, hydrate, and take things slowly can help you enjoy the effects and reduce harm.

Mixing and masking

Mixing: avoid mixing with other drugs. Using cannabis with alcohol or prescription drugs can enhance their effects in ways you weren't expecting. This can increase the chance of a bad reaction.

Masking: mixing cannabis with stimulants like caffeine or methamphetamine can 'mask' the sedative effects of cannabis, which could lead you to have too much.

Remember:

The effects of any substance can vary based on individual factors, environment, tolerance, and purity. No dose is completely without risk. When possible, start low and go slow, avoid using alone, and take steps to care for yourself and others.

Contact us for support

If you're struggling with alcohol or other drugs, we're here for you.

We offer a variety of community and residential programs throughout Queensland and New South Wales, helping thousands of people every year to navigate alcohol and drug challenges and move forward in life.

 **1300 727 957**

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