

CANNABINOIDS

Cannabinoids are drugs that act on the cannabinoid receptors in the brain. They have a wide range of effects. The effect depends on the type and route of administration. Cannabinoids include all forms of cannabis as well as synthetic cannabinoids such as 5F-ADB and isolated cannabinoids such as cannabidiol.

CANNABIS FLOWER & RESIN

It is the most commonly used illegal drug in the UK and the second most commonly reported drug in Crew's counselling service, after cocaine.

The main psychoactive component is THC. Other cannabinoids in the cannabis plant include CBD, CBG and CBN. Plants may be grown to contain different cannabinoid concentrations and give different effects. They can make you feel happy, relaxed, calm and introspective. They can also make you feel hungry, withdrawn and paranoid.

Herbal cannabis is comprised of the flowers and buds of the plant and is the most common. Resin is a type of cannabis that is compressed into blocks.



CONCENTRATES

The amount of cannabis concentrates is increasing. These cannabis derivative products contain high levels of THC (generally over 40%). They come in forms including oil, shatter, wax and edibles.

CBD (CANNABIDIOL)

While THC is known for its mind-altering effects, the effects of CBD are more subtle. CBD counters the effects from THC by promoting relaxation and reducing anxiety. In its pure form, CBD is not controlled by the Misuse of Drugs Act (1971) and can be bought in many smoke shops around Edinburgh. Instead, it is sold as a food supplement.

Despite many vague claims and confusing legal status, the CBD industry has boomed. In recent years, people are using CBD for better sleep or to reduce anxiety, although there is no official consensus amongst researchers about whether CBD works. Crew advises that you do your own research and buy from reputable and trusted suppliers. You may also ask your doctor for advice.

STAY SAFE

- Avoid using marijuana before activities that require intact cognitive functioning such as homework, exams, classes, etc.
- Take days or weeks off to reduce the THC buildup in your system.
- Take a break from marijuana to determine if it is interfering with the ability of your medication to work properly

Sources:

<https://www.crew.scot/wp-content/uploads/2019/08/Drugs-a-t-Crew-Trend-Report-2017-2019.pdf>