



mixing cannabis and alcohol

mixing

- mixing drugs is called 'polydrug use'
- people use more than one drug to increase good feelings or increase the effects of a drug
- people do not always mix drugs on purpose, they may do it because they are intoxicated
- apart from tobacco, alcohol and cannabis are the most commonly mixed drugs
- using more than one drug increases the chance that things will go wrong

effects of mixing cannabis and alcohol

- some of the effects include nausea and vomiting
- other reactions include panic, anxiety and paranoia
- mixing the two drugs increases the risk of psychosis amongst vulnerable people
- drinking alcohol causes people to absorb THC faster. This means the effects of cannabis are much stronger and the result may be 'greening out'
- greening out is more likely if people have alcohol *then* cannabis rather than the other way round

risks of mixing cannabis and alcohol

- physical reactions known as 'greening out'
- panic, anxiety and paranoia
- dangerous driving – resulting in risks for the driver, passengers and others on the road
- losing control of themselves as they are too intoxicated
- using more of one drug when cutting back on another. People do this when trying to reduce use of the first drug. It can result in a person having problems with two drugs instead of one

Take home message:

Alcohol and cannabis is not a good mix. Using both together causes more problems than using only alcohol or cannabis