



## looking after a friend on cannabis

People can vomit, go pale and sweaty, and feel nauseous, dizzy, panicky, anxious and paranoid when using cannabis. This is sometimes known as 'greening out'.

### if someone vomits

- stay with them
- stay in a quiet, safe place
- lie them on their side so they don't choke on their vomit

### if someone panics, becomes anxious or paranoid

- tell them the feelings may pass soon
- stay with them
- stay in a quiet, safe place
- ask them if there is anything you can do to help

### to try to stop problems from happening again

- when your friend recovers, talk to them about the situation
- review the situation in which they used cannabis to try to stop it happening again (did they use any other drugs?)
- if your friend has a mental illness, tell them that taking non-prescription drugs is not a good idea
- suggest they may like to talk to a doctor or counsellor

### Take home message:

If someone is really sick, do not try to do anything else except get urgent medical help from the community clinic or someone trustworthy. If there is access to an ambulance in the community call 000 immediately