



Is cannabis harmful?

- Isn't cannabis a plant and hence less harmful? Are the negative effects only short-term?
- No. Many natural plants contain **toxic** or **harmful ingredients**. Moreover, there are increasingly more synthetic cannabinoids with much higher potency produced in the laboratory.
- Cannabis is a drug which is addictive and can cause both short-term and long-term serious harms to health, such as –
 - Addiction
 - Hallucination
 - IQ loss
 - Anxiety
 - Depression
 - Reduced concentration and distorted perception (sights, sounds, time, touch)
 - Chronic restlessness and drowsiness
 - Heightened risks of cancer and respiratory diseases if used with tobacco
 - Heart attack and stroke in young cannabis users
 - Impairment of driving and an increased risk of road traffic injuries