CLÍNICA VIVALDI · FREE SHEET · ADDICTIONS

Cannabis use disorder

Cannabis use that causes loss of control, problems in daily life or withdrawal symptoms (irritability, insomnia). It increases the risk of psychosis.

COMMON SIGNS

- Daily or hard-to-control use
- Lack of motivation and memory problems
- Irritability and insomnia when stopping

TIPS FOR YOU

1. Cut down in a planned way
2. Find other ways to relax and sleep
3. Get help if there is anxiety or psychotic symptoms

FOR FAMILY AND FRIENDS

1. Talk about the effects without lecturing
2. Suggest alternative activities

WHEN TO ASK FOR HELP

1. If suspicion, voices or strange ideas appear: urgent consultation
2. If there are repeated anxiety attacks

TO OBSERVE AND NOTE DOWN

☐ I use cannabis almost every day
☐ I use more than I intended
☐ I find it hard to stop
☐ Without it I'm irritable or sleep badly
☐ I have given up activities to use
☐ I find it hard to concentrate or remember
☐ I have had anxiety or paranoia after using
☐ I keep using even though it harms me

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-por-consumo-de-cannabis
- Spanish National Plan on Drugs: information and resources: https://pnsd.sanidad.gob.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com