

When having a good time
becomes all the time

Understanding cannabis and alcohol in later life



What are cannabis and alcohol?

- Both Cannabis and alcohol are legal drugs in Canada.
- Cannabis is used for many medical and nonmedical reasons.¹
- Cannabis can be consumed either by smoking or ingesting it.
- We know very little about the effect of cannabis on seniors because it is only recently legal.²
- Alcohol is a drug, and it can be harmful not only to the person using it but also to the people around them.³

What is problematic use?

Alcohol and cannabis use disorder involve compulsive use, loss of control over how much is consumed and continued use despite negative consequences.⁴

What are guidelines for using alcohol and cannabis?

- The only way to avoid all risk is to not use either drug⁵
- Set and stick to limits⁶
- Consider your age, weight and health⁶

Where can I get help?



Resources and support for mental health and addictions are available in your community.

For more information, connect with any of the following organizations:

Ontario Addiction Treatment Centres

<https://www.oatc.ca/> 1-877-937-2282

Community Information Centres

www.211Ontario.ca Dial 211

ConnexOntario

Contact for 24/7, confidential and free information about mental health, addiction and problem gambling services throughout Ontario.

www.connexontario.ca

1-866-531-2600

Centre for Addiction and Mental Health

www.camh.ca 1-800-463-2338

Resources

Addiction: An information guide, Centre for Addiction and Mental Health

<https://www.camh.ca/-/media/files/guides-and-publications/addiction-guide-en.pdf>

Do you know: Alcohol, Centre for Addiction and Mental Health <https://www.camh.ca/-/media/files/guides-and-publications/dyk-alcohol.pdf>

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