



Useful Contacts

CWP professional advice:

Central Cheshire Drug Service: 01270 216118

Chester Drug Service: 01244 344999

East Cheshire Drug Service: 01625 422 100

Wirral Drug and Alcohol Service: 0151 604 7330

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

The following organisations are independent of CWP, contact details are provided for information purposes only. CWP will not be responsible for any advice or treatment provided by these organisations.

Talk to Frank: Friendly, confidential drugs advice

Website: www.talktofrank.com

Tel: 0800 77 66 00

Samaritans: 24 hour confidential emotional support service

Tel: 0345 909090 (Local Call Rate)

Headway: The brain injury association

Website: www.headway.org.uk

E-mail: enquiries@headway.org.uk

Tel: 0115 924 0800

Stroke Association:

Website: www.stroke.org.uk

Tel: 0303 3033 100

MIND: A leading mental health organisation

Website: www.mind.org.uk

Info Line: 0845 766 0163

Your GP: A medical professional

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુવી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઇમેઇલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूवी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The PALS, Complaints & Incidents Team**, Trust Headquarters, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwps.nhs.uk

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Brain Injury and Cannabis

**Acquired Brain Injury Service
Acorn Suite
Countess of Chester Health Park
Liverpool Road
Chester
CH2 1HJ
Tel: 01244 389252
Fax: 01244 389255**

What is Cannabis?

Cannabis contains a collection of chemicals which block brain signals. The active chemical in cannabis can make you feel happy and relaxed. When these feelings wear off you may feel sleepy, depressed, anxious, panicky, paranoid and fearful. This chemical stays in the brain longer than our body's natural chemicals.

Smoking cannabis has also been linked to lung cancer and other lung diseases.

Long term use of cannabis has been shown to cause long term mental health problems in some people.

Service User story:

"I smoked cannabis for 4/5 years after my brain injury, thinking it would help erase what had happened. This was not the case, my disability was ten times worse, my eyesight altered, I felt paranoid to the extent I would lock myself away from society and made a small thought turn into a bigger thought.

Now I have stopped using cannabis I have my emotions back, I feel human again, I enjoy being around people and am financially better off"

The above extract was by a 37 year old male service user who battled and overcame the use of cannabis following a brain injury.

The Effects of Cannabis

Immediate effects:

- * Impairs short term memory
- * Decreases attention
- * Altered judgement
- * Reduced co-ordination and balance
- * Increases heart rate
- * Increases the chance of psychotic episodes

Even though the initial effects have worn off and it is out of your system, you can still experience the longer lasting effects of cannabis:

- * Impaired memory
- * Reduced learning skills
- * Poor sleep habits

Effects of prolonged use:

- * Addiction
- * Increased risk of anxiety
- * Increased risk of depression
- * Increased risk of mental health disorders
- * Increased risk of other health problems such as a chronic cough/ bronchitis

Cannabis and brain injury:

1. Cannabis can slow down the body's natural healing process. It can delay your rate of recovery.
2. Cannabis affects your learning, memory, planning, problem solving, reaction times and attention. All of which you may find difficult anyway because of your brain injury.
3. Anxiety is common following a brain injury. Cannabis can actually increase your anxieties and worries.
4. Cannabis is often used to help mask stress and forget about worries. But it can cause increased paranoid thinking.
5. Personality and mood changes can occur following a brain injury; these can become more prevalent when using cannabis.