

# CANNABIS AS A HARM REDUCTION TOOL

If like us, you use psychoactive substances, including cannabis, this information is for you.





# What do we use cannabis for?

The use of **cannabis** as a treatment for multiple diseases and illnesses has been documented over time in many cultures.

We, **womxn and non-conforming gender people** who have survived multiple **situations of violence and vulnerability**, use it to reduce pain, drug-related problems, eating disorders, chemotherapy and menopause effects, sleep disturbances, or anguish and stress resulting from fear and trauma.



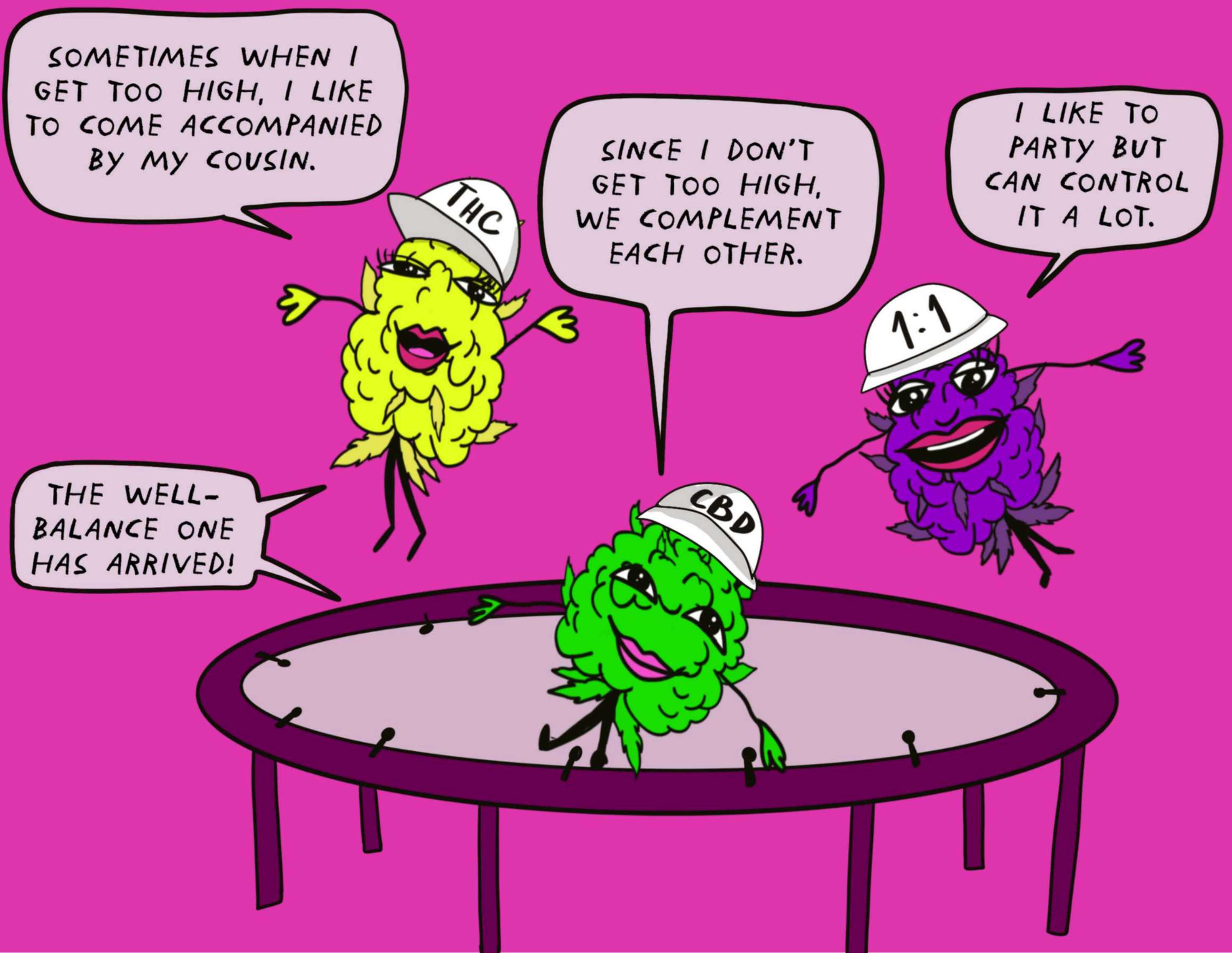


# Composition and effects

This plant contains more than one hundred **cannabinoids**. The best known and most studied are delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD). Each strain contains cannabinoids at different concentrations.

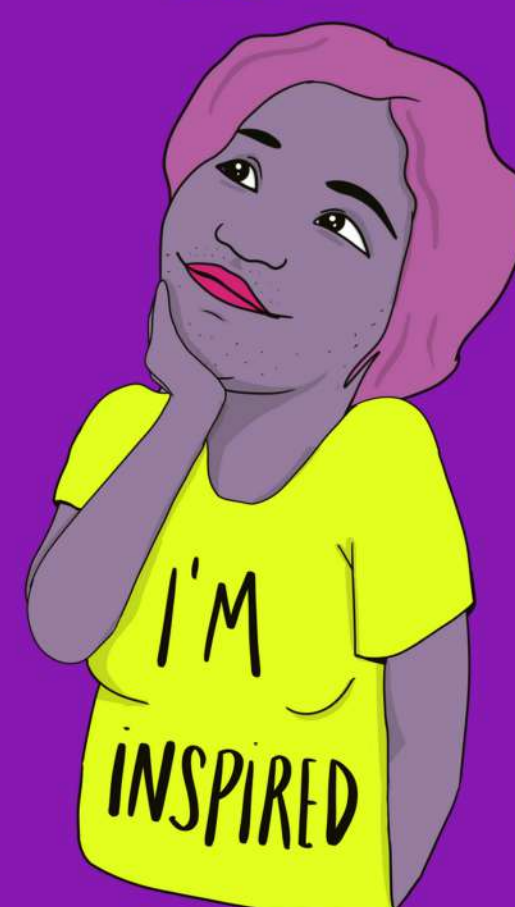
**THC** can help you feel pleasure, euphoria and relaxation, but it can also cause anxiety or increase depressive or psychotic symptoms, such as disordered thinking, paranoia, and insecurities.

**CBD** is anxiolytic, antipsychotic and counteracts the memory effects of THC, as well as its psychoactive effect.





The effects of cannabis vary from person to person and according to the moment!



I'M  
HIGH





# Forms of consumption





# Harm Reduction

Many of the womxn and non-conforming gender people that are participants of Metzineres, use cannabis to improve our **well-being** and/or deal with **physical, emotional, and/or psychological discomfort**.

IT HELPS ME  
WHEN FEAR PARALYZES  
ME BECAUSE I HAVE  
TO SLEEP ON THE  
STREET.

IT REGULATES  
SLEEP AND HUNGER,  
AS A RESULT  
OF CANCER AND  
ANTI-RETROVIRAL  
TREATMENTS.

IT IS USEFUL  
FOR MENSTRUAL  
SYMPTOMS, AS WELL  
AS FOR THE  
ENDOMETRIOSIS.

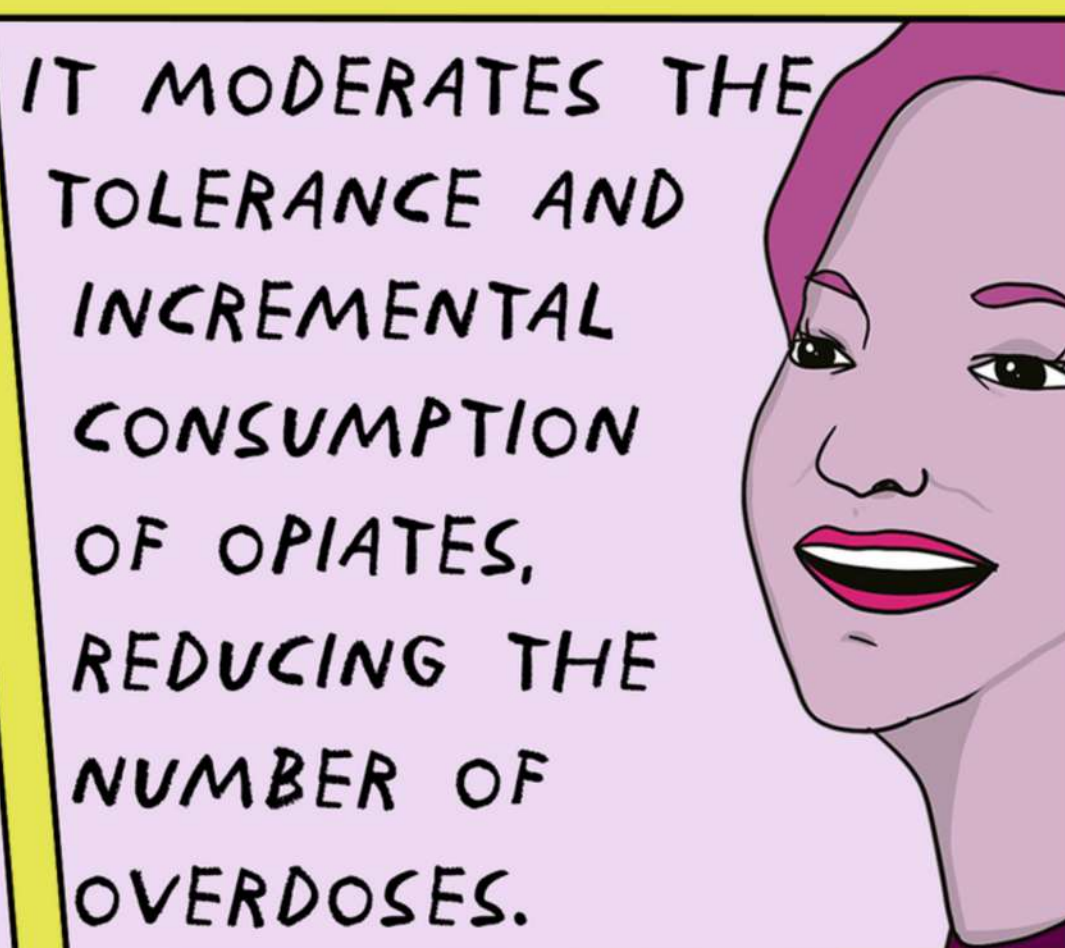
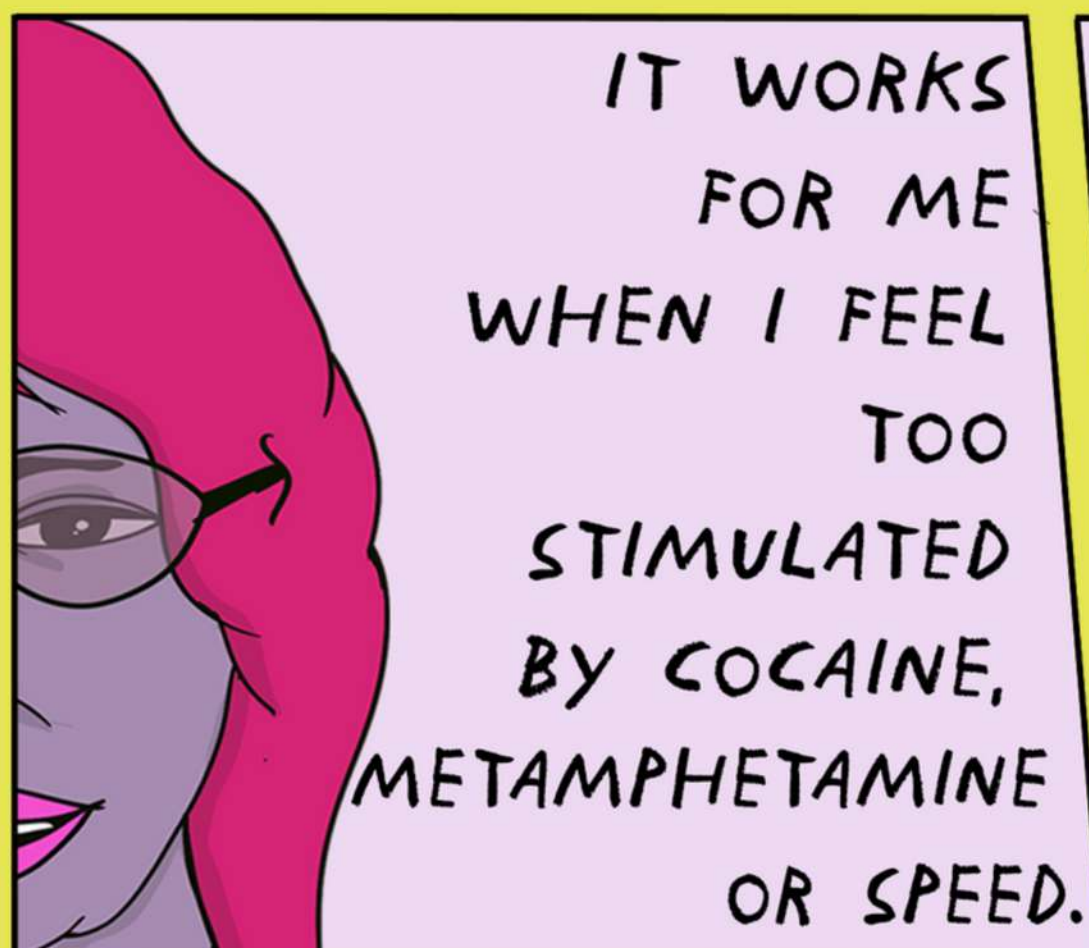
IT IS GOOD FOR  
LOCALIZED PAIN AND  
CHRONIC PAIN CAUSED  
BY FIBROMYALGIA.

IT HELPS ME  
SETTLE WHEN I'M  
SAD AND ANXIOUS  
BECAUSE I DON'T  
HAVE RESIDENCE  
PERMIT.





For problems related to psychoactive substances such as heroin, cocaine, or methamphetamine, we use this plant and/or its derivatives to reduce other types of consumption, which are considered more risky.





## **“I know myself the best and what's good for me”**

If I'm looking for a more quick and short effect, I prefer the vaporizer. If I take it orally, I have to be patient. The effect comes slower, but it lasts longer, and it is more stable.

If I choose THC-rich strains, I make sure that they are also CBD-rich.

If I feel paranoid, I use CBD.

When I use the vaporizer, I avoid combustion that damages my throat and lungs.

If I smoke, I use filters. It minimizes toxic substances.

If I share the joint, I use my own filter.

If I change strains, I avoid tolerance increase. If I don't know what I'm using, I take small doses first.

I must keep in mind the synergy that it does with other substances such as alcohol, opioids or prescription drugs such as benzodiazepines. As the effects of both increase, I reduce the dose.

It's always better to go to a Cannabis Social Club committed to the code of good practices.





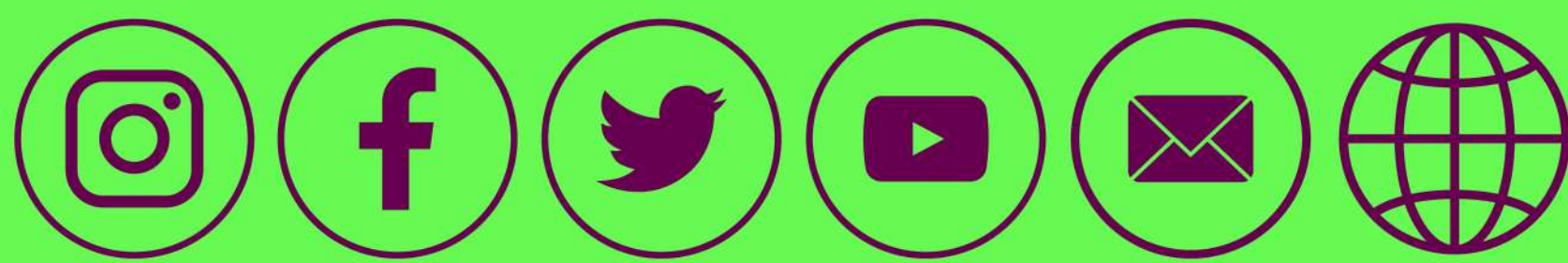
We want a **cannabis regulation law** with a **gender perspective**, which takes into account the most vulnerable groups and that guarantees the access to the plant.





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This piece is based on  
stories of the Metzineres  
community and illustrated  
by Andre Gaetano.



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