



Are you smoking weed every day?

Does it take more weed to get you stoned?

Does it have less of an effect on you than it used to?

Do you get irritable when you have no weed?

Do you start to panic when you get down to your last few joints?

Have you started to notice any of the following traits in yourself (or had them pointed out to you by someone close to you): panic attacks, paranoia, forgetfulness, difficulty in concentrating, sweats when you have no weed, no desire to do anything?

If you answered yes to any of these questions then answer one more

Do you want some help in reducing and then stopping smoking?

If so, the Cannabis, Spice and legal Highs Group is a user led self-help group made up of people who have ended their addiction with cannabis or who are committed to reducing and stopping.

We run confidential non-judgmental local meetings providing advice and assistance to people who've been up and down the same road.

Visit <https://www.cslhg.org/> for your nearest meeting.



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