



# EDAS REACH YP NEWSLETTER

## The Hidden Dangers of Cannabis Edibles

Cannabis edibles are food products which contain **THC**, the mood-altering ingredient from cannabis. They are illegal but available in many different forms, including cakes, sweets, chocolates, drinks, syrups, butters or spreads and oils.

Although cannabis edibles contain an element of the **Class B drug**, they do not have the smell or appearance of cannabis. **They may also contain other illicit substances.**

Instead, they look and smell like a normal shop-bought food item but **can be stronger than other cannabis products.**

And because of how they are packaged, they can be particularly appealing to young people and teenagers, who may call them “gummies” or “bites”.

These products have become increasingly popular due to their convenience, discretion, and variety. They might seem harmless, but they come with significant risks that everyone should understand.



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# Why Are Edibles Different?



Unlike smoking or vaping cannabis, edibles take longer to produce effects—often 30 minutes to 2 hours after consumption. This delay can lead to overconsumption as those taking them mistakenly take more, thinking the product isn't working. The results can include intense and prolonged effects that are hard to manage.



## Key Dangers of Edibles



### - High Overdose Potential

High doses of THC (the psychoactive compound in cannabis) can cause paranoia, anxiety, hallucinations, vomiting, breathing difficulties, panic attacks, memory loss, impaired mobility, loss of consciousness, and even heart problems. Since edibles take time to kick in, those taking it may unintentionally ingest more than intended.

### - Unpredictable Potency

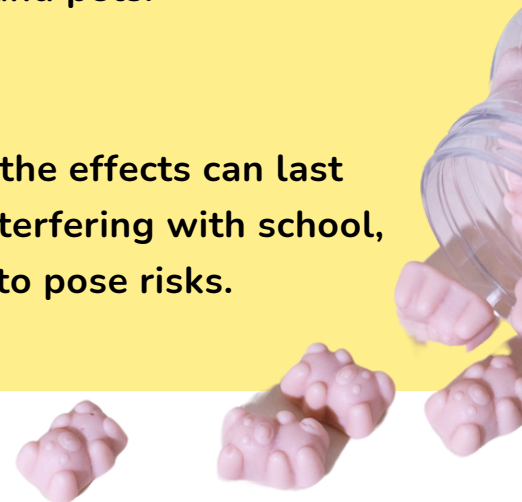
The strength of edibles can vary widely, making it hard to gauge how much THC you're consuming.

### - Accidental Ingestion

Edibles often look like regular snacks or sweets, which increases the risk of accidental consumption—especially among children and pets.

### - Delayed Recovery Time

Because THC is metabolised differently when eaten, the effects can last much longer—sometimes up to 12 hours or more—interfering with school, work, driving, or other responsibilities, and continue to pose risks.



# Cannabis Side Effects

Regular cannabis use can have adverse impacts on **brain development, heart health, memory and cognition, psychiatric health.**

Long-term cannabis use may be especially worrisome in teens, where it may increase the risk of schizophrenia as well as learning and memory.



How they look



## Who Is Most at Risk?

- **First-time users:** They may be unprepared for the delayed and potent effects.
- **Children and teens:** Packaging can be misleading, and their developing brains are more vulnerable to THC.
- **Pets:** Even small amounts of THC can be deadly to animals.

## Staying Safe



- Always read labels carefully and know the THC content of your product.
- Start with a low dose (e.g., 2.5 mg THC) and wait at least two hours before considering taking more.
- Store edibles securely, out of reach of other people and pets, so they don't accidentally consume them.
- Be mindful of your surroundings. Avoid potentially risky activities while under the influence of edibles.
- Don't mix with alcohol or other substances. Combining edibles with alcohol or other drugs can intensify their effects and increase risks.



# Don't Be Afraid to Call for Help

If you or someone might be having problems because of cannabis, edibles, or any other substance, call for help.

If someone is unconscious or having difficulty breathing, **always call 999**. Don't worry; the ambulance won't bring the police unless it's a very specific situation.

Place the person in the recovery position. If you don't remember it, get them on their side.

**Want to learn more about cannabis safety? Access our tips and resources to protect yourself and your loved ones.**

If cannabis, edibles or any other substance use is affecting your health, family, relationships, school, work, finances, or other life situations, or you're concerned about a loved one, we are here to support you.

**The EDAS/REACH Young People's Service are here to help.**  
**Get in touch with us on 01202 741414 or 0800 0434656 – Option 2.**



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