



Greening Out

What is it?

The term 'greening out' is used to describe a situation when someone over doses on cannabis (THC). Some effects of 'greening out' include nausea, vomiting, anxiety, excessive sweating and in some cases hallucinations.¹

How to help a friend that is 'greening out'^{1,2,3}

- Ask them if they have taken any other substances. Mixing cannabis with other substances can be life threatening.
- Reassure them. Let your friend know that they will be okay.
- Take them to a safe place and stay with them.
- Give them juice, water or a snack.
- If they are passed out, lay them on their side in recovery position and monitor them.
- If your friend is 'greening out' and you fear that their life is in danger, call 911.



How to prevent 'greening out'

- 1** Limit or avoid cannabis use before the age of 25.
- 2** Avoid consuming cannabis on an empty stomach.
- 3** Use low potency products, if you decide to use.
- 4** Avoid mixing cannabis with other substances.
- 5** After recent consumption of cannabis, wait a few hours before deciding to take more.

References

1 Drug and Alcohol Research and Training Australia. (n.d.). How do you look after someone who is 'greening out' on cannabis?.

<https://darta.net.au/wordpress-content/uploads/2015/01/YPID-GREENING-OUT.pdf>

2 Rural Development Network. (2021). Clarity on Cannabis.

<https://clarityoncannabis.org/virtual-exhibit/>

3. ONECA. (n.d.). Cannabis & Vaping a Toolkit for Parents. ONECA. Retrieved August 17, 2022, from

<https://oneca.com/cannabis.html>