



Mixing Cannabis and Alcohol

What can happen?



- A higher risk of developing a Cannabis or Alcohol Use Disorder¹
- More depressive symptoms¹
- A higher risk of injuries for daily co-users in comparison to those who use alcohol or cannabis alone¹
- A greater risk of being involved in a fatal collision when operating a motor vehicle³



Although research is still ongoing, there is some evidence that drinking alcohol before using cannabis can increase the absorption of THC & can result in a stronger high. This can also increase the risk of cannabis overdose or 'greening out'.²



What happens if you drink alcohol before using cannabis?

Research suggests that THC can slow the absorption and minimize the perceived effects of alcohol. This can lead to underestimating the amount that one has had to drink (contributing to overconsumption) and delayed feelings of drunkenness.¹

What happens if you use cannabis before drinking alcohol?



Always plan a safe ride



Avoid mixing substances



Seek support for any mental health or substance use concerns

1. Yurasek, A. M., Aston, E. R., & Metrik, J. (2017). Co-use of Alcohol and Cannabis: A Review. *Current addiction reports*, 4(2), 184–193. <https://doi.org/10.1007/s40429-017-0149-8>

2. Vandergrindt, C. (2019, August 27). Alcohol and weed: What happens when they mix. *Healthline*. Retrieved August 22, 2022, from <https://www.healthline.com/health/alcohol-and-weed>

3. Public Health Ontario. (n.d.). Evidence brief risk factors for simultaneous use of alcohol and Cannabis. Public Health Ontario. Retrieved August 22, 2022, from https://www.publichealthontario.ca/-/media/documents/e/2018/eb-risk-factors-alcohol-cannabis.pdf?sc_lang=en