REDUCING HARM FROM METHAMPHETAMINES

- Use of methamphetamines has been associated with sudden death
- Avoid mixing with alcohol or other drugs such as benzodiazepines and heroin
- Eat healthy food, even if you aren’t hungry
- If injecting, always use new fits and do not share any injecting equipment, including spoons, water or tourniquets
- Smoking is preferable to injecting
- Only buy from someone you know
- Use in a safe place with people you trust

WHAT IF YOUR FRIEND OVERDOSES?

- Overdose from methamphetamines can cause irregular racing pulse, high temperature, aggression, high blood pressure and can lead to seizure, heart attack or stroke even in previously healthy people
- If the person is unconscious, check their airway is clear, place them on their side and into the recovery position
- Call an ambulance on 000 and stay with them
- If breathing has stopped, and there is no pulse, start applying CPR if you are trained

USEFUL PHONE NUMBERS

- Emergency 000
- DirectLine 1800 888 236
- Drug Info 1300 858 584
- North and West Metro Alcohol and Other Drug Service Intake 1800 700 514
- Suicide Helpline 1300 651 251
- Family Drug Help 1300 660 068
- Hepatitis Helpline 1800 703 003
- Crystal Meth Anonymous 0414 660 851
- 1800 ICE ADVICE 1800 423 238
- North West Mental Health Triage 1300 874 243

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Methamphetamines and your mental health

What are Methamphetamines? Methamphetamines are synthetic stimulants. They speed up the messages going to and from the brain to the body, but tend to leave you feeling tired and depressed when they wear off.

Other names for Methamphetamines Methamphetamine is called ice, crystal meth, shabu, glass rock shard and p.

Methamphetamines can have the following common effects:

- Make you feel more confident, energetic and wide-awake
- Reduce your appetite
- Make you anxious, restless, irritable and depressed
- Make you suspicious or paranoid
- Increase your breathing and pulse rate
- Increase the risk of panic attacks
- Increase feelings of anger and risk of violent behavior
- Make you feel as though bugs are crawling under your skin (‘formication’)

Methamphetamines and driving

Methamphetamine impairs your ability to concentrate and to think clearly. This increases the risk of accidents when driving a car or using machines. Police drug testing now includes methamphetamine.

What happens when you stop using Methamphetamines? If you have been using amphetamines regularly, you may experience withdrawal symptoms when you stop using.

Withdrawal symptoms can include:

- Irritability
- Depression, anxiety or mood swings
- Cravings
- Fatigue
- Disturbed sleep
- Headaches
- Increased appetite
- Poor concentration
- Paranoia
- Hallucinations

These symptoms tend to decrease after a week, although some may still occur for up to three months.