DRUG TALK
BODY. MIND. FUTURE.

WAX KU SAABSAN ICE/METHAMPHETAMINE

Waa walax maandooriye ah oo aan cunto ahayn, oo loo qaato si loo bedelo sida jirka iyo/ama maskaxdu u shaqeeyaan.

Maandooriyaha bedela qaabkaaga dareen ayaa loogu yeeraa maandooriyaha dareenka firfircoon (psychoactive) Waxay saameyn karaan sida qofku u fekero, wax u dareemo oo u dhaqmo.

WAA MAXAY METHAMPHETHAMINE?

Methamphetamine waa nooc kiciye amphetamine ah oo dedejiya shaqada maskaxda iyo nidaamka dareenka dhexe. Wuxuuna ku yimaadaa saddex qaab:

- **speed** – oo ah kiniini ama budo
- **base –** waa walax cufan oo saliid saliid ah
- **ice** – walax cad ama oo aan sineyn, caddaan budada oo kale ah

Iyadoo ku xiran nooca la isticmaalay methamphetamine waa la liqi karaa, ursan karaa, la cabbi karaa ama laysku duri karaa habkastaana wuxuu leeyahay khatartiisa.

Psychosis waa marka qof laga yaabo inuu arko isla hadal, khiyaali iyo cabsi: astaamahan badanaa waxay soo muuqdaan maalmo yar ka dib marka qofku uu joojiyo isticmaalka methamphetamine.

SAAMEYNTA METHAMPHETAMINE

Saameynta methamphetamine qofba qofka kale waa ka duwan yahay waxayna ku xiran tahay nooc iyo inta laga isticmaalay maandooriayaha, siday dareemayaan iyo meeshay ku isticmaalayaan maandooriayaha.

Qaar ka mid ah saameynta jireed iyo saameynta cilmi nafsiyeed ee isticmaalka methamphetamine waa:

- cunto cunida oo yaraata
- kororka rabitaanka galmada, dareenka galmo ahaana kacsan
- ilkaha isku xoqida iyo daanka isku qabashada
- ahaanshaha mid dagaashan
- khatar qaadasho aan caadi ahayn
- dareemaya welwel, cabsoonaya, dagaalamaya
- garaacaha wadnaha oo kordha iyo dhiig karta
- dhidida iyo wilka indhaha oo balaarta
- degenaansho la'aan iyo dhib ku qabida hurdada
- xabad xannuun,neefsiga degdega ah/oo caadiga ahayn
- dareemida isku kalsooni, digtoonaan, firfircoon, awood badni.

Inta ama wakhiga ugu badan ee uu isticmaalo qofku methamphetamine waxaa sii badanaya waxyeelada ay la kulmayaan sida:

- hurdo daro iyo daal
- hurdo la'aan
- nafaqo darro
- ku tiirsanaan iyo u adkeysi
- xanaaqa furka tuur ah
- dhibaatooyinka ilkaha
- ka hadhida shaqada dugsiga ama imaanshaha
- booliiska dhib ku qaba
- niyad jab, welwel iyo dareen isbedbedala
- xiriirada oo burbura
- khatar ugu jira dhiig furan iyo wadnaha oo istaaga
- dhibaatooyinka xasuusta iyo dareen la socodka
- xiliyada psychosis.

METHAMPHETAMINE: SHARCIGA IYO GAARI KA XEYNTA

Waa sharci daro in la isticmaalo, la heysto, aad keento ama aad warshadeyso methamphetamine. Gaari ka xaynta adoo isticmaalay methamphetamine waxaa laga yaabaa inay ku siiso kalsooni siyaado ah, go'aan xumo iyo dabeecad khatar qaadasho ah. Booliiska Western Australia waxay awoodaan inay ka baaraan darawaliinta nooca kiciyaha amphetamine ka.

WAXAAD SAMEYN LAHAYD XAALADDA DEGDEGA AH

Waxay dhici kartaa inaad iska badiso methamphetamine xitaa markaad wax yar isticmaasho. Marka qof wax badan qaato waxaa laga yaabaa inay la kulmaan madax xannuun degdeg ah oo darran, dheerayn, wadno garaac tamar daran ama aan caaddi ahayn, heerkulka jirka oo kordha, psychosis ama dhimasho.

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Haddii aad ka welwelsan tahay inuu qofi khatar ku jiro ka dib isticmaalka methamphetamine awgeed iyo/ama maandooriyaha kale isla markiiba wac 000. Shaqaalaha caafimaadku waxay badanaa soo gelinayaan booliiska haddii ay dareemaan in loo hanjabay, haddii kuwo kale ay dhib ku jiraan, dembi la galay ama haddii qof dhinto.

RAADI CAAWIMAAD IYO TALLO

Keli ma tihid. Waxaa jira adeegyo aad heli karto si aad u hesho caawimaada ugu fiican ee xaaladaada. Waxaad sidoo kale la hadli kartaa dhakhtarkaaga, Adeega Maandooriyaha iyo Aalkoloda Bulshada ama:

Aasaaska Maandooriyaha iyo Aalkolada Australia
www.adf.org.au

Ka warqabka Maandooriayaha
www.drugaware.com.au

ADEEGYADA TURJUMAADA QORAALKA AH

Haddii Ingiriisku uusan ahayn luuqadaada koowaad, waxaad ka heli kartaa taageerada turjumaada qoraalka ee bilaashka ah Adeega Turjumaada Afka iyo Qoraalka.
Tel: 131 450

DHIBKA MAQALKA AMA HADALKA

Haddii aad dhega la'adahay, ama aad qabto waxyeelada haddalka ama maqalka la xiriir Adeega Ugudbinta Qaranka.
Tel: 1800 555 660
Email: helpdesk@relayservice.com.au
Web: www.relayservice.gov.au

WIXII CAAFIMAAD AH

Khadka caafimaada Meth
Ugudbinta & la talinta, qarsoon & bilaashaka ah ee 24/7
Tel: 1800 874 878
Email: alcoholdrugsupport@mhc.wa.gov.au
Web: alcoholdrugsupport.mhc.wa.gov.au

Khadka Taageerada Maandooriyaha iyo Aalkolada
Tel: (08) 9442 5000
Tel: 1800 198 024 (country callers)
Email: alcoholdrugsupport@mhc.wa.gov.au

Khadka Taageerada Maandooriayaha Qoyska iyo Waalidka
Tel: (08) 9442 5050
Tel: 1800 653 203 (country callers)
Email: alcoholdrugsupport@mhc.wa.gov.au

Adeega Maandooriyaha iyo Aalkolada Aboriginal ka
Tel: (08) 9221 1411
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Road Safety and Drug Education Branch
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