

ABOUT ICE / METHAMPHETAMINE

A drug is a substance other than food, which is taken to change the way the body and/or mind function.

Mood altering drugs are called psychoactive drugs. They can affect the way a person thinks, feels and behaves.

WHAT IS METHAMPHETAMINE?

Methamphetamine is an amphetamine-type stimulant that speeds up the function of the brain and central nervous system. It comes in three forms:

- **speed** – powder or pills
- **base** – a thick, oily substance
- **ice** – crystals or coarse, crystal-like powder

Depending on what form is used methamphetamine can be swallowed, snorted, smoked or injected and each method of use has its own dangers.

Psychosis is when a person might experience hallucinations, delusion and paranoia: these symptoms usually disappear a few days after a person stops using methamphetamine.

EFFECTS OF METHAMPHETAMINE

The effects of methamphetamine vary from person to person and depend on what form and how much of the drug has been used, how they are feeling and where they are using the drug.

Some of the effects of the physical and psychological effects of methamphetamine use are:

- reduced appetite
- increased sex drive, feeling sexually aroused
- teeth grinding and jaw clenching
- being hostile
- unusual risk taking
- feeling anxious, panicky, aggressive
- increased heart rate and blood pressure
- enlarged pupils, sweating
- difficulty sleeping and restlessness
- fast/irregular breathing, chest pain
- feeling confident, alert, energised, powerful.

The longer or more often a person uses methamphetamine the greater the chance of them experiencing harms such as:

- insomnia and exhaustion
- sleeplessness
- malnutrition
- tolerance and dependence
- angry outbursts
- dental problems
- drop off in school work or attendance
- trouble with the police
- depression, anxiety and mood swings
- relationship breakdowns
- risk of stroke and heart attack
- problems with memory and concentration
- periods of psychosis.

METHAMPHETAMINE: DRIVING AND THE LAW

It is illegal to use, possess, supply or manufacture methamphetamine. Driving under the influence of methamphetamine may lead to feeling of overconfidence, poor judgement and risk taking behaviour. Police in Western Australia are able to test drivers for amphetamine type-stimulants.

WHAT TO DO IN AN EMERGENCY

Overdose of methamphetamine can happen even when small amounts are used. When a person overdoses they may experience a sudden and severe headache, racing, irregular or weak heartbeat, increased body temperature, psychosis or death.

If you are worried that someone may be at risk due to having used methamphetamine and/or other drugs immediately phone 000. Paramedics will only usually involve the police if they feel threatened, if others are under threat, a crime has been committed or if someone dies.

SEEK HELP AND ADVICE

You are not alone. There are services you can access to get the best help for your situation. You can also talk to your doctor, your local Community Alcohol and Drug Service or:

Australian Alcohol and Drug Foundation
www.adf.org.au

Drug Aware
www.drugaware.com.au

TRANSLATING SERVICES

If English is not your first language, you can get free translation support through the Translating and Interpreting Service.
Tel: 131 450

SPEECH OR HEARING DIFFICULTIES

If you are deaf, or have a hearing or speech impairment contact the National Relay Service.
Tel: 1800 555 660
Email: helpdesk@relayservice.com.au
Web: www.relayservice.gov.au



CONTACT

Parent and Family Drug Support Line
Tel: (08) 9442 5050
Tel: 1800 653 203 (country callers)
Email: alcoholdrugsupport@mhc.wa.gov.au

Alcohol and Drug Support Line
Tel: (08) 9442 5000
Tel: 1800 198 024 (country callers)
Email: alcoholdrugsupport@mhc.wa.gov.au

Meth Helpline
(24/7 free & confidential, counselling and referral)
Tel: 1800 874 878
Email: alcoholdrugsupport@mhc.wa.gov.au
Web: alcoholdrugsupport.mhc.wa.gov.au

Aboriginal Alcohol and Drug Service
Tel: (08) 9221 1411
Email: info@aada.org.au
Web: www.aads.org.au

Road Safety and Drug Education Branch
Department of Education
Tel: (08) 9402 6415
Web: www.sdera.wa.edu.au
Email: sdera.co@education.wa.edu.au