

# 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**

**S+** **sumitt**  
SUBSTANCE USE & MENTAL  
ILLNESS TREATMENT TEAM

# 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 your mental health

- Using methamphetamines may lead to or worsen depression and symptoms such as agitation, mood swings and anxiety

- Methamphetamines can cause drug-induced psychosis, which may include paranoid beliefs (e.g. believing you are being followed, stared at or talked about) and hallucinations (seeing or hearing things that are not there) even when the drug has worn off
- Taking methamphetamines over a long period of time can damage the brain cells and affect the way they work. This can lead to poor memory, decreased concentration, difficulty planning and disorganization

*"Changes are not easy but they're possible and sometimes necessary" - Henrique Van-Dunem (Consumer Consultant)*

## HOW DO METHAMPHETAMINES AFFECT YOU?

Methamphetamines affect people differently and may cause more problems for some people than others, especially if they have a history of mental illness.

## Methamphetamines and pregnancy

Methamphetamines can affect the baby's development before birth. Other effects include bleeding, early labour and miscarriage.

## Methamphetamines and other drugs

Mixing methamphetamines with alcohol or other drugs is dangerous, and can cause unpredictable effects. Using depressants such as benzodiazepines (e.g. Valium) or alcohol or cannabis to come down or sleep can lead to a cycle of multi-drug dependence that can have a very negative impact on your mental and physical health. Methamphetamines can also interfere with the effectiveness of some medication.

## 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.