

EFFECTS OF METHAMPHETAMINE

Like other drugs, methamphetamine ('speed' or 'ice') has both effects of acute use and effects of long term regular use

Acute effects

Mild intoxication



- Euphoria
- Feeling of wellbeing
- Increased energy
- Improved attention
- Alertness
- Improved memory
- Increased sex drive
- Decreased appetite

Like all other drugs, most people start using methamphetamine for the positive effects at low doses

Moderate intoxication



- Nervousness, anxiety, panic
- Agitation
- Transient psychotic symptoms
- Jaw clenching, teeth grinding
- Nausea, vomiting
- Headache
- Hot and sweaty, racing pulse

If someone using methamphetamine shows any of these symptoms, move them to a quiet place with low stimulus and monitor them until the effects wear off - or if they get worse call an ambulance

Toxicity



- Chest pain
- Tremor, seizure
- Severe headache
- Unsteady walking
- Difficulty breathing
- Hot flushed sweaty skin
- Confusion, disorientation
- Muscle rigidity, spasm, jerking
- Severe agitation, panic, psychosis

If someone using methamphetamine shows any of these symptoms call an ambulance

Effects of long term use

People who use methamphetamine weekly or more over a longer period of time (6-12 months), may start to experience more ongoing effects including:

- Dependence
- Decreased motivation
- Depression and anxiety
- Poor cognitive functioning
- Ongoing psychotic symptoms
- Weight loss, malnutrition

Some of these effects may last 12 months or more after stopping use

Specialists in alcohol and other drug prevention

hello@360edge.com.au | 1300 988 184

www.360edge.com.au



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