

REDUCING HARMS FROM METHAMPHETAMINE USE

Methamphetamine ('speed' and 'ice') use comes with many risks and harms. It is unregulated and manufactured illegally, which means you don't always know what you are getting. It has serious effects in the brain and body that can create unwanted side effects.

1 Don't mix drugs

Nearly all overdoses from methamphetamine are a result of combining it with other drugs. It's harder to tell how drunk you are if you are drinking alcohol and taking meth and you can easily drink too much. Combining meth and other drugs can have unpredictable results.



2 Drink water

High levels of activity on methamphetamine, such as dancing, can result in dehydration. Drink around 2 glasses of water every active hour. Don't drink too much - excessive water consumption can also be dangerous.



3 Eat something

Methamphetamine reduces appetite. Using regularly can result in weight loss. Try to eat something even if you don't feel hungry. Eat high nutrient foods such as fruit, vegetables, nuts and seeds, rather than junk food.

4 get some sleep

Methamphetamine reduces the need for sleep. Users can stay awake for long periods of time without feeling tired. Afterwards it can be hard to sleep. If you have trouble sleeping after using meth, lie down and rest, ideally during the time you would normally sleep.



5 Carry condoms

Methamphetamine increases sex drive and reduces inhibitions. It can increase the ability to have sex for long periods of time. Carry protection with you at all times. Get a sexual health check if you have unprotected sex.

6 Don't share equipment

Whether you snort, smoke or inject, never share equipment. Rates of blood borne viruses, like HIV and hep C are high among meth users.

7 Get help if you need it

If someone collapses, seems confused or complains of severe headache while using, call an ambulance straight away.

Methamphetamine can increase mental health symptoms. If you start to feel aggressive, depressed, jittery or anxious, start seeing or hearing unusual things, or feel paranoid, seek help from a health professional.



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