

TIPS FOR FAMILIES OF PEOPLE WHO USE METHAMPHETAMINE

Don't panic



- Media reporting on drug use can be exaggerated
- Most people who use ice were speed users who have switched to using ice
- 2% of Australians have used methamphetamine and half of those (1%) use ice as their main form
- Not everyone who uses methamphetamine needs treatment

Talk to your kids



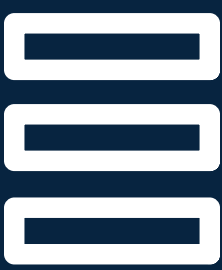
- Talk to your kids early about drugs, and set expectations and values
- Express your concerns, but accept they may not agree
- Stick to the facts and don't exaggerate
- Don't use scare tactics

Keep them safe



- Some kids experiment with drugs but relatively few go on to have significant problems
- 70% of methamphetamine users use less than once a month and eventually quit without experiencing major problems
- Ensure they are safe if they experiment (eg arrange to pick them up from parties)

Set boundaries



- If a family member's drug use is becoming problematic set boundaries the whole family can agree on and maintain
- 'Tough love' approaches, like abandonment and exclusion, don't often help
- Violence is not OK, it's OK to leave, ask them to leave or call the police if you feel in danger
- Psychosis can be a serious condition, it's OK to call an ambulance if you are worried about someone's mental state

Look after yourself



- There are effective treatments available, encourage the user to treatment if they are experiencing problems
- Seek support for yourself
- Continue with your daily routine, hobbies and interests as much as possible
- Stay hopeful - most people recover from drug use problems eventually