KNOW THE FACTS

What is ice?

Ice – properly known as crystal methamphetamine – is a stimulant drug. Stimulants speed up the messages travelling between the brain and the body. The drug usually comes as small, chunky clear crystals that look like ice. It can also come as white or brownish crystal-like powder with a strong smell and bitter taste.

Understanding the effects

The effects of ice commonly include:

- Increased alertness, energy, excitability, talkativeness and hyperactivity
- Significant feelings of pleasure and increased confidence
- Rapid heart rate
- Increased anxiety with reduced appetite
- Teeth grinding and excessive sweating
- Increase in aggressive or anti-social behaviours

Overdose

An overdose is an amount or dose of a drug that is more than the body can tolerate. Ice overdose can cause:

- Breathing problems
- Fits or uncontrolled jerking
- Extreme agitation, confusion, clumsiness
- Sudden, severe headache
- Unconsciousness
- Stroke, heart attack and in some cases, death

After taking ice

It can take several days for your child, sibling or friend to come down from ice. In that time, they may experience:

- Difficulty sleeping
- Twitching arms and legs during sleep
- Paranoia, hallucinations and confusion
- Irritation or depression
- Short-term memory loss

Physical withdrawal symptoms will generally settle down after a week, but emotional symptoms and the psychological craving for the 'high' may last for several months.

WHAT DO I DO? WHEN SOMEONE IS HAVING A BAD REACTION TO ICE

1. Stay **CALM**
2. Reassure and be supportive
3. **Dial 000** if you are concerned about their safety or your own

YOU ARE NOT ALONE

It's very important to seek support for yourself, your family and friendship circle whilst on the road to recovery. Take steps to look after your own physical and emotional wellbeing:

- Talk with a friend
- Talk to a counsellor or GP
- Join a support group
- Meditation and mindfulness practice does help
- Make sure that your life does not focus exclusively on your family member's/friend's use of ice – try to cultivate a life outside of that

For printed copies or an accessible format of this brochure please phone 1300 85 85 84 or email druginfo@adf.org.au

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The information in this booklet is a guide only, not a substitute for advice from your doctor or other health professional. In an emergency call triple zero (000).

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FAMILY & FRIENDS SUPPORT GUIDE

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