



## Aboriginal English Fact Sheet 4:

# About methamphetamine

A drug is any substance that changes the way the body works

Psychoactive drugs like grog, weed and meth affect the way you feel, see and hear things.

### What is methamphetamine?

Methamphetamine or meth speeds up how the brain and nerves work. It comes in different forms:

- **speed** - powder or pills
- **base** - like cookie dough
- **ice** - crystals or coarse, crystal-like powder

It can be swallowed, snorted, smoked or injected. Any meth use can be dangerous.

Meth is a drug that makes the brain work faster and gives a false sense of feeling good.

### Meth: driving and the law

It's illegal to use, possess, supply or make meth. Driving under the influence of meth is illegal and may make you feel overconfident, use poor judgement, behave dangerously and take risks. Police in Western Australia are able to test drivers for grog and other drugs including meth.

### Effects of methamphetamine

The effects of meth are different for every person and depend on how it's taken, how much is used, how they're feeling and where they're using the drug. (For more information see *Parent Fact Sheet 3: It's not just about the drug* on the SDERA website).

Some of the effects of meth use are:

- feelings of happiness and confidence
- feeling alert
- having lots of energy
- some negative effects may include
  - o mood swings
  - o feeling paranoid and anxious
  - o having panic attacks
  - o being angry and aggressive
  - o disrespecting family and friends
  - o strange behaviour.

The longer time or the more often a person uses meth, the greater the chance of it causing problems such as:

- stomach cramps, reduced appetite and weight loss
- panic attacks
- aggro and paranoid
- hallucinations
- heart failure and stroke
- itching, picking and scratching at skin
- mental illness.

Hallucinations are when a person might see, hear or feel things that aren't really there. Hallucinations and other symptoms usually disappear a few days or weeks after a person stops using meth.

## What to do in an emergency

Meth overdose can happen even when small amounts are used. When a person overdoses they might have a sudden and bad headache, a fast or irregular or weak heartbeat, increased body temperature, a mental health episode or even die.

If you are worried about someone, you must phone 000 straight away. Paramedics will only involve the police if they feel threatened, if others are under threat, a crime has been committed or if someone dies.

## Where to go for help

It's important for adults to be careful around drugs too. There are places you can go to learn about drugs or for help where the health workers won't tell anyone else about you, your family or friends and it's free. Remember you're not alone and there's no shame in asking for help.

## FOR INFORMATION

### SDERA

p: (08) 9402 6415  
e: [sdera.co@education.wa.edu.au](mailto:sdera.co@education.wa.edu.au)  
w: [www.SDERA.wa.edu.au](http://www.SDERA.wa.edu.au)

### Strong Spirit Strong Mind Metro Project

w: [www.strongspiritstrongmind.com.au](http://www.strongspiritstrongmind.com.au)

### Drug Aware

w: [www.drugaware.com.au](http://www.drugaware.com.au)

### alcohol think again

w: [alcoholthinkagain.com.au](http://alcoholthinkagain.com.au)

### Alcohol and Drug Foundation

w: [www.adf.org.au](http://www.adf.org.au)

## FOR HELP

### Meth Helpline

24/7 free & confidential, counselling and referral  
p: 1800 874 878  
e: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)  
w: [alcoholdrugsupport.mhc.wa.gov.au](http://alcoholdrugsupport.mhc.wa.gov.au)

### Alcohol and Drug Support Line

p: (08) 9442 5000  
p: 1800 198 024 (country callers)  
e: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

### Parent and Family Drug Support Line

p: (08) 9442 5050  
p: 1800 653 203 (country callers)  
e: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

### Wungening Aboriginal Corporation

p: (08) 9221 1411  
w: [www.aads.org.au](http://www.aads.org.au)



## TRANSLATING SERVICES

To speak in another language:  
p: 131 450

## HEARING OR SPEAKING PROBLEMS

If you have problems hearing or speaking:  
p: 1800 555 660  
e: [helpdesk@relayservice.com.au](mailto:helpdesk@relayservice.com.au)  
w: [www.relayservice.gov.au](http://www.relayservice.gov.au)



Mental Health  
Commission

