

Methamphetamine

Health Condition Factsheet Released April 2020

What is it?

Methamphetamine is an illegal stimulant which is often called 'crystal meth' or 'ice'. Methamphetamine gives you a short 'high' followed by an intense 'low' and can be very addictive.

People who use ice for a long time are at risk of serious health problems. Ice can also affect your work, family, relationships and health. If you feel that methamphetamines are a problem for you, there is help.

What will my GP do now?

Your GP will help you develop a treatment plan to stop using methamphetamine and improve your quality of life.

Your GP will also:

- Manage your overall health and any existing conditions
- Provide referral information for drug treatment or counselling
- Talk to you about your mental health and refer you for counselling if appropriate

Your GP may also talk to you about things you can do to **reduce the risk of harm** if you are still using. This includes the REST principle.

What will my GP do in the future?

Your GP will arrange regular follow-up appointments to check in and review your treatment plan. If you are struggling to stop, your GP may discuss referrals to other treatment options.

What can I do?

It's important to be open and honest with your GP. Don't feel bad if you are finding it hard to stop taking ice. Most people who use ice find it hard to stop, but with time you can get better. Ask your GP for resources and information about the risks.

What questions could I ask my doctor?

- What are the risks of long-term ice use?
- Where can I get help to stop using?
- What if I can't stop?
- Where can I learn more about ice addiction?



What supports are available?

South Western Sydney Drug Health Services provides a range of services for people with drug and alcohol dependence, including inpatient detoxification, counselling, advice and referrals to other treatment programs. Your GP can refer you or you can contact the central intake line on **9616 8586**.

The **Alcohol and Drug Information Service (ADIS)** provides information about supports available to people experiencing drug and alcohol issues. To access ADIS, call **1800 250 015** or visit yourroom.health.gov.au.

There are also a number of **e-health resources** available.

Where can I learn more?

- **Stimulant Treatment Line** - phone **1800 101 188**
- **Your Room** - methamphetamine: yourroom.health.nsw.gov.au

REST Principle

Rehydrate - make sure you drink water but no more than a litre an hour

Eat

Sleep

Time out - from using so you don't become dependent on the drug