

What is Methamphetamine?

Meth is a manufactured chemical. It is a stimulant that speeds up body functions.

Did you know?

Very few young people use methamphetamine in New Zealand.



During use, it can make you feel:

Euphoric	Racing heart
Energetic	Decreased appetite
More alert	Hot

Intense focus	Agitation
Increased sex drive	Mood swings
More confident	Muscle spasms

Paranoia
Seeing, hearing, or feeling things that other people don't (hallucinations)
Aggression

Seizures
Stroke

Afterwards, signs of comedown can be:



Exhaustion

Low mood

Irritable/anxious/paranoid

Hunger

Aches and pains

Difficulty concentrating

Stomach upset

Seeing, hearing or feeling things that aren't there

This may last 1-4 days

If someone is experiencing:

A fast and irregular heartbeat
Sweating excessively
Chest or arm pain
Difficulty breathing
Extreme agitation and paranoia
Seizures

Then:

Call 111
Stay with them
Find a safe place to calm down
Reassure them
Lie them on their side with open airways

Be safer with meth by:

- > Knowing how it affects you
- > Thinking about where and who you are with
- > Only carrying what you will use
- > Planning your use and the comedown
- > Avoiding mixing with medication or other drugs
- > Practicing safe sex
- > Using sterile equipment and not sharing it
- > Avoiding while pregnant

Look after yourself by:

- > Taking a break
- > Catching up on sleep and food

Consider making changes if:

Using and come downs affecting relationships, study or work

Unpleasant effects outweigh the pleasant effects

Get support to make changes if:

Spending more time/money on meth than you want

Always thinking about meth

Others are concerned about your meth use

Engaging in criminal activity

Seek professional help if you or someone you know is:

- > Using more to get the same effect or feel 'normal'
- > Finding it hard to stop using
- > Experiencing withdrawal symptoms or using to avoid a comedown
- > Having suicidal thoughts

For support and information

contact: Alcohol Drug Helpline Txt 8681
Call 0800 787 797
drugfoundation.org.nz
optforwellbeing.org



ABOUT METHAMPHETAMINE



Āta haere i a koe e hōpara I te ao
Take care as you explore the world