

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	Low appetite
More alert	Hot
	Unable to sleep

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
Death

Afterwards, signs of a 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
- Excessive sweating
- Chest or arm pain
- Difficulty breathing
- Extreme agitation and paranoia
- Seizures

Then:

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



Be safer with meth by:

- > 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
- > Practising safe sex
- > Using sterile equipment and not sharing it
- > Leaving months between use
- > Not using while pregnant

Look after yourself by:

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

Consider making changes if:

Using and comedowns are 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

Using meth weekly or more often

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
wharaurau.org.nz/taiohi.org
TheLevel.org.nz



METHAMPHETAMINE



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