

# METHAMPHETAMINE

## WHAT YOU NEED TO KNOW

### What is it

**Methamphetamine is a stimulant**



Methamphetamine ('meth') works by speeding up certain parts of the brain. It is much more powerful than other stimulants (e.g. cocaine, methylphenidate, amphetamine).

It can come as a crystalline powder, a pill, or it may look like small fragments of glass ('crystal meth').

Other names for  
methamphetamine

Meth

Ice

Tweek

Speed

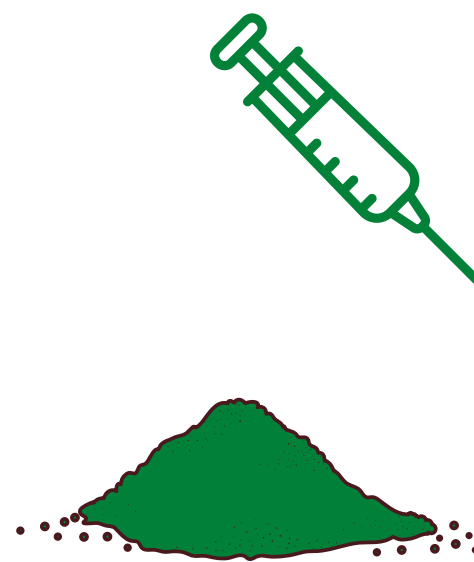
Glass

Crystal  
meth

Crank

### How is it used?

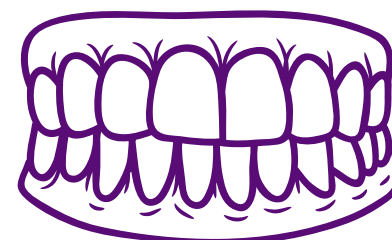
Methamphetamine can be inhaled, snorted, injected, or taken orally.



### What are the effects?



Meth can cause hyperactivity and restlessness for more than 12 hours. It may be difficult to sleep.



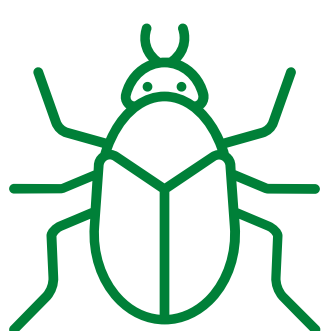
Teeth grinding and reduced saliva from regular meth use may cause tooth decay ('meth mouth').



Meth can cause an irregular heartbeat and heart failure. The risk of stroke is 5 times higher when using meth.



Meth can cause extreme mood changes, leading to aggression and violence.



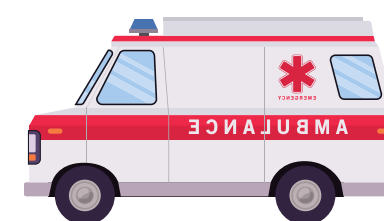
Meth makes it feel like there's bugs in and on the skin ('crank bugs'). This can cause skin picking, lesions, and serious infections.



**Smoking:** can cause permanent damage to the airways.  
**Snorting:** can damage nostrils and reduce the ability to smell.  
**Injecting:** can increase the risk of infections.

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## When do you seek emergency help?



**Overdose or poisoning:** Taking too much meth than your body can handle, or combining it with other substances.

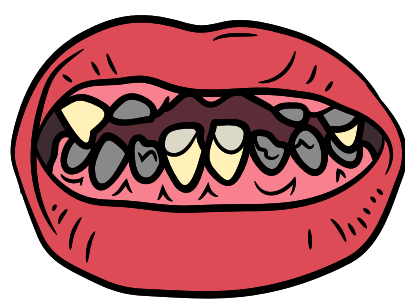
**Signs:** Rapid heart rate, difficulty breathing, chest pain, delusions (believing things that are not true), agitation, and seizures.

**Get help right away!** Overdoses or poisonings are a medical emergency and can become fatal.

### Did you know?

**Prolonged use of meth can cause permanent changes in the mouth.**


**This can include permanent bad taste in the mouth or cavities and/or lost teeth.**



## Naloxone Kits

Naloxone can save a life! It temporarily reverses the effects of opioids that may be mixed into meth.

Check out our naloxone instructions [here!](#)

 Call 811 to find out where to get a free kit



For more information visit us at:

[www.DECYDE.ca](http://www.DECYDE.ca)

## How to stay safer

1

**Avoiding meth use** is the best way to stay safe, but that may not be realistic for everybody.

2

**Don't mix!** Mixing meth with other substances can greatly increase your risk of serious side effects—including overdose.

3

**Keep it new:** Infections such as Hepatitis or HIV can be passed through shared needles. Homemade supplies can increase your risk of hurting yourself and getting serious infections (e.g. heart infections).

**SWAP** provides proper supplies for injecting, smoking, and snorting drugs.  
To find out more, call or text **709-757-7927**.

4

**Choose oral.** Snorting, injecting, and inhaling meth can cause extra damage to your body.

5

**Timing matters:** Don't use meth before **work, school, or driving**. It affects concentration and reaction time.

6

**Moderate use.** Regular use can affect your health and relationships with others.

7

**Don't use alone.** Have a friend with you in case you need help.