

# AMPHETAMINES

## WHAT YOU NEED TO KNOW

### What is it?

**Amphetamines are stimulants**



Amphetamines work by speeding up certain parts of the brain. They come in tablets and capsules, but may also be used in powder form.

People may use amphetamines without a prescription to lose weight, study, or feel euphoric ('high').

**Other names  
for  
amphetamines**

Crystal

Addy

Meth

Uppers

Speed

Crank

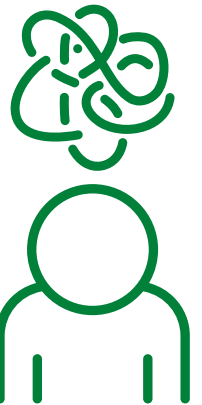
Ice

### How is it used?

Amphetamines may be taken by mouth, injected, snorted, or smoked.



### What are the effects?



Right after using amphetamines, you may feel very **restless or hyper**.

Amphetamines can **raise your blood pressure and heart rate** dangerously high. You may feel tightness in your chest.

Amphetamines can lead to difficulty getting to sleep.



Smoking amphetamines can damage the lungs and increases the risk of infections, pneumonia. It can also degrade your teeth.

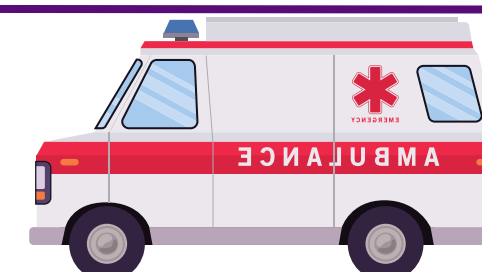
Injecting amphetamines can increase your risk of serious infections, like hepatitis C or heart infections.

In rare cases, a person using amphetamine may become very paranoid and aggressive.



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## When do you seek emergency help?



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

**Signs:** Being short of breath, chest tightness, a heart rate that is very fast or uneven, confusion, psychosis, and hallucinations.

**Get help right away!** Amphetamines can be very harmful to the heart in large amounts.

### Did you know?

**Meth is an illegal type of amphetamine that is twice as powerful.**

**One side effect unique to meth is 'meth mouth', which causes teeth to turn black and fall out.**

**It also commonly has other substances mixed into it, such as fentanyl.**

## NALOXONE KITS

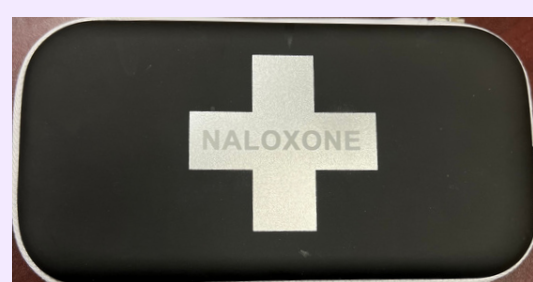
Naloxone can save a life!

It temporarily reverses the effects of all opioids, including fentanyl.

To find out more about naloxone, check out our infographic [here!](#)



**Call 811 to find out where you can get a kit**



## How to stay safer?

- 1 **Avoiding amphetamine use** is the best way to stay safe, but that may not be realistic for everybody.
  - 2 **Start low and go slow.** Taking large amounts of amphetamines increases your risk of accidentally overdosing.
  - 3 **Moderate use.** Regular use can affect your health and relationships with others.
  - 4 **Don't mix!** Mixing amphetamines with other substances can also greatly increase your risk of harming yourself. Taking with other stimulants, like cocaine, can be very dangerous.
  - 5 **Use proper, clean supplies.** Serious infections can be passed through shared needles. Homemade supplies can increase your risk of hurting yourself or getting infected.
- SWAP provides proper supplies for injecting, smoking, and snorting drugs.  
To find out more, call or text **709-757-7927**.
- 6 **Plan for safety.** Have a ride arranged for after you use amphetamines. Bring condoms if sex is a possibility.
  - 7 **Bring a buddy.** Always have someone with you in case you need help.

For more information visit us at:

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