

SUBSTANCE MISUSE EDUCATION AND PREVENTION

METHAMPHETAMINE (CRYSTAL METH)

also known as: ICE, GLASS, TINA, CHRISTINE, YABA,
CRAZY MEDICINE



Protecting and Reassuring



Amddiffyn a Thawelu Meddwl

WHAT IS IT?

Methamphetamine (commonly referred to as Crystal Meth) is one of a group of a psychostimulant (stimulant) drugs called amphetamines that act on the brain and nervous system keeping you awake and alert.

Methamphetamine is produced in tablet, powder or crystalline forms.

These products are taken orally, snorted or can be prepared for injection, but unlike amphetamine, methamphetamine can also be smoked.

The powder is sometimes referred to as 'crystal meth', but this term is more often used for the purer crystalline form, also known as 'ice', 'glass', 'tina' and 'christine'.

The tablet form is sometimes referred to as 'yaba'.

WHAT THE LAW SAYS:

- Methamphetamine is a Class A drug.
- Illegal to have, give away or sell.
- Possession can get you up to 7 years in jail.
- Supplying someone else with it can get you life imprisonment and/or an unlimited fine.

THE EFFECTS:

- Hallucinations
- Paranoia
- Aggressive and psychotic behaviour

THE RISKS:

- Induced psychosis has been widely reported in countries where there is epidemic use.
- In cases of overdose, stroke, pulmonary, renal and gastrointestinal disorders are also seen, and coma and death can occur.
- Methamphetamine use can be associated with injecting drug use and sharing of paraphernalia.
- Using the drug may also increase libido and risky sexual behaviour, thereby increasing the risk of blood born virus transmission in some.

PLAY IT SAFE:

Drugs can severely damage your physical and mental health. They can get you into trouble with the law and even kill you. But if you do decide to use drugs, reduce the risks by finding out as much as you can about the effects, risks, etc, and then decide if it is really worth it.

If you do decide to use drugs, keep these points in mind:

- If you're dancing wear light clothing.
- The smaller you are the less drugs you need to get the same effect, but where you are and the mood you are in will also affect the way you'll react.
- Don't score off strangers; poor quality drugs can give you bad trips.
- Mixing drugs and alcohol can be fatal.
- Never drive if you have had drugs.
- Always carry a condom; never risk unprotected sex.



FIRST AID

If your mate collapses, call 999

Get help to put them into the recovery position

Tell the medics what they have taken

IT COULD SAVE THEIR LIFE

(N.B. Police do not automatically attend all cases of overdose which are reported to the ambulance service)

**PAN FYDD YN LLAI
PWYSIG NA 999**



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**WHEN IT'S LESS
URGENT THAN 999**