

Stimulants

Methamphetamines

meth, crystal, glass, jib, speed, ice, side

What is it?

Methamphetamines speed up the body's central nervous system and cause rapid heart rates, breathing and thoughts. "Meth" is made in illegal labs from assorted chemicals and/or medications. It comes in pill, powder or crystal form.

Why do people use it?

- ◆ Increased energy
- ◆ Increased focus and concentration
- ◆ Mood elevation
- ◆ Sense of happiness and excitement

What can go wrong?

- ◆ Intense anxiety or agitation
- ◆ Loss of self-control and ability to think clearly (often leading to unsafe sex, criminal behaviour, violence, etc)
- ◆ Losing touch with reality; seeing things, hearing voices
- ◆ Tooth decay, sores due to skin-picking from "meth bugs" sensation
- ◆ Heart attacks, seizures, strokes and death
- ◆ Intense withdrawal symptoms, including severe depression

How does it work?

Meth increases chemicals in the brain (like dopamine) that activate what's called the pleasure pathway. When brains are flooded with chemicals from the "pleasure pathway", feelings of excitement, arousal, and energy are increased.

Information adapted from , heretohelp.bc.ca, camh.ca, & towardtheheart.com

For more information visit their websites.

Printed July 2019

Harm Reduction

1. Don't use methamphetamines with other substances.
2. Use a small amount first. You can always use a little more, but you can't change your mind if you take too much.
3. Use with trusted people in familiar spaces. Using alone means no one can help you if overdose.
4. Choose safer methods of use. Injecting has the highest risk. If injecting, wash your hands, rotate your injection site but avoid the neck, hands and feet; clean the injection site, use clean needles and never share them.
5. If smoking, wash your hands, start with a small amount, use a shatterproof glass pipe and your own mouthpiece, inhale slowly and exhale immediately.

Overdose

What to look for:

1. Fast or no breathing
2. Hot, sweaty, clammy skin
3. Confusion and anxiety
4. Jerking or rigid limbs
5. Rapidly increasing pulse or temperature
6. Seizures
7. Chest pain

What to do:

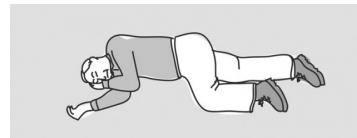
CALL 9-1-1

If responsive:

1. Remain calm and stay with the person until help arrives.
2. Encourage them not to take any more substances and move away from activity and noise.
3. Be careful not to overhydrate, but give water or other non-sugary decaffeinated drinks.
4. Place cool wet cloths on forehead, back of neck, or armpits.

If unconscious:

Put them in recovery position and stay with them until help arrives.



Discovery Youth & Family Substance Use Services

Victoria/South Island: 250-519-5313

Cowichan Valley: 250-737-2029

Nanaimo/Ladysmith: 250-739-5790

Oceanside area: 250-947-8215

Mt Waddington area: 250-902-6063

