



WANT MORE INFORMATION?



[CRACKSINTHEICE.ORG.AU](https://cracksintheice.org.au)

Visit *Cracks in the Ice* today at

[CRACKSINTHEICE.ORG.AU](https://cracksintheice.org.au)

*Cracks in the Ice* is an online toolkit that provides Australians with

- ✓ Trusted
- ✓ Evidence-based
- ✓ Up-to-date

information and resources about crystal methamphetamine ("ice").

The toolkit is supported by funding from the Australian Government Department of Health and was developed by experts from research centres around Australia

Or download the app for free



Crystal Methamphetamine  
*Trusted, evidence-based  
information for the community*



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## CRACKS IN THE ICE PROVIDES ANSWERS TO COMMON QUESTIONS SUCH AS:

- What is ice?
- What are the effects of ice?
- What happens when you use ice with other drugs?
- How many people use ice?
- Why do people use ice?
- What are the laws about ice?
- When and where do I get help?



"If we can provide support to people from a young age, we can help..."

"A close friend really helped me out. I came clean to my family and friends and let them back into my life. I couldn't have done it without the right people around me"



## CRACKS IN THE ICE ALSO PROVIDES INFORMATION FOR FAMILY AND FRIENDS OF PEOPLE WHO USE ICE SUCH AS:

- Tips for starting a conversation with a loved one
- Tips for protecting yourself and others
- Information about the types of treatments available
- Information about support services specifically for friends and family members

## GET SUPPORT NOW

### National Alcohol and Other Drug Hotline: 1800 250 015

24-hour free and confidential advice about alcohol and other drugs

### Family Drug Support: 1300 368 186

24-hour support for relatives and friends affected by alcohol and other drugs

**Other support options also available at**  
[cracksintheice.org.au/when-and-where-do-i-get-help](https://cracksintheice.org.au/when-and-where-do-i-get-help)

**Support options for Aboriginal and Torres Strait Islander peoples also available at**  
[cracksintheice.org.au/aboriginal-and-torres-strait-islander-peoples](https://cracksintheice.org.au/aboriginal-and-torres-strait-islander-peoples)

If you need emergency support, call Lifeline on 13 11 14 (a free and confidential 24-hour crisis helpline) or dial 000 for the police or an ambulance.

*Cracks in the Ice* also provides evidence-based resources to assist:

- Community groups
- School communities
- Health workers

Find out more online at  
**CRACKSINTHEICE.ORG.AU**