



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

CRACKS IN THE ICE IS AN ONLINE TOOLKIT PROVIDING:

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

Information and resources about crystal methamphetamine (ice) for the Australian community.

Development of Cracks in the Ice was informed by community members across Australia and provides information across three key areas:

GET THE FACTS ABOUT ICE

What is ice?
How many people use ice?
Why do people use ice?
What are the laws about ice?

STAYING SAFE

When and where do I get help?
How do I support a loved one?

WHAT ARE THE EFFECTS OF ICE?

How does ice work?
What are the mental health effects of ice?
What happens when you use ice with other drugs?

Cracks in the Ice aims to assist families and friends, health professionals, schools, and communities respond to, and manage, issues related to ice use.

www.cracksintheice.org.au