

How can ice affect people and their community ?

- **People can feel disconnected** from family, friends and community. People are more likely to move locations or become isolated if they use ice.
- **People can feel worried and become concerned about safety.** People who use ice can behave in ways they normally wouldn't, for example by being aggressive and starting arguments.
- **People may feel ashamed** if their loved ones are using ice or if ice is being used in their community.
- **People can experience trauma or emotional impacts** because of ice use, especially young people and children.
- **Community members may be fearful** of visits to / from child services, police, and other government agencies because of ice use in the community.

Get support now

Talk to your local Aboriginal Medical Service, Doctor or Alcohol and Other Drug service. To find a service in your state visit cracksintheice.org.au

NATIONAL ALCOHOL AND OTHER DRUG HOTLINE 1800 250 015

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

AUSTRALIAN INDIGENOUS HEALTH INFONET healthinonet.ecu.edu.au

Evidence-based research and other knowledge for Aboriginal and Torres Strait Islander communities.

AUSTRALIAN DRUG INFORMATION NETWORK adf.org.au

National search directory for treatment services and other resources relevant to alcohol and other drug issues.

FAMILY DRUG SUPPORT 1300 368 186

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

For emergency support, call Lifeline on 13 11 14 or dial 000 for the police or an ambulance.

The *Cracks in the Ice* project is supported by funding from the Australian Government Department of Health and Aged Care.



INFORMATION FOR THE COMMUNITY

Trusted, evidence-based information about crystal methamphetamine (‘ice’)
CRACKSINTHEICE.ORG.AU



For more information please visit
CRACKSINTHEICE.ORG.AU

What is Crystal Methamphetamine ('Ice')?

Ice, or crystal methamphetamine, is a type of methamphetamine. It is a **stimulant drug** and synthetic which means it **is not a natural** product.

Ice is often the strongest type of methamphetamine and can cause more harms than other types.

Why do people use ice?

There is not just one reason why people use ice or other drugs. Reasons include:

- Wanting to fit in or feel part of a group.
- They like the feeling it gives them.
- To forget or cope with problems.

This is particularly important for Aboriginal and Torres Strait Islander peoples who have experienced trauma due to historical factors including colonisation. The impact of intergenerational trauma is significant and ongoing.

Shame

Stigma and shame of ice use can impact a person who is using ice, their family or friends and their community. Some impacts include:

- **Stopping people** from asking for help.
- **Making people feel isolated**, lonely, hopeless and disconnected.
- **Having a negative impact** on people's mental and physical health.

How to avoid shaming people who use ice

- Learn more about ice and its effects, by visiting the *Cracks in the Ice* website.
- Try to connect with them through conversations.
- View them as a whole person and avoid calling them names like addict or junkie.

What can your community do?

Using the **strengths** of your community may help reduce some of the harms of ice and other drugs.

- Talk to people to **build a picture of what the story of ice is in your community**. You could talk to elders, family/friends, local health workers, local police or youth workers.
- **Think about holding or encouraging people to attend activities** like cultural events, community sport matches or other main events.
- Story-telling and sharing cultural knowledge of elders, and families is important in helping people **connect to their culture**.
- Encouraging connection is essential. Keeping people who are using ice **connected to their family, friends and community** can help reduce ice use and encourage people to start their journey to recovery.

For more information,
tips and resources visit
CRACKSINTHEICE.ORG.AU

