

## What is in this brochure?

This brochure has some tips to help you stay safe. Some of this information may not be relevant for you as every person's experience and journey is different.

If you would like to talk to someone about your ice use there are support services listed at the back of this brochure.

## What is *Cracks in the Ice*?

### **This website provides:**

Trusted, evidence-based and up-to-date information about ice including resources for Aboriginal and Torres Strait Islander peoples.

### **What is on the website for you?**

- Information on the effects of ice.
- What can happen when you change or cut down your use of ice.
- Where to get help and types of treatment.
- Other people's stories of change.
- More tips on staying safe when using ice.
- Signs of overdose and First Aid.

## Things to remember

You're not alone, support is available. Talk to a person you trust such as a local health worker. To find a service in your state visit [cracksintheice.org.au](http://cracksintheice.org.au)

## Where I can get support?

### **NATIONAL ALCOHOL AND OTHER DRUG HOTLINE**

**1800 250 015**

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

### **ALCOHOL AND DRUG FOUNDATION**

**1300 85 85 84**

Information or support services on alcohol or drugs.

### **AUSTRALIAN INDIGENOUS HEALTH INFONET**

[healthinfonet.ecu.edu.au](http://healthinfonet.ecu.edu.au)

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

### **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, Disability and Aging.

For more information please visit [CRACKSINTHEICE.ORG.AU](http://CRACKSINTHEICE.ORG.AU)



## INFORMATION FOR STAYING SAFE

*Cracks in the Ice* is a website that provides trusted, evidence-based information and resources about crystal methamphetamine ('ice').

[CRACKSINTHEICE.ORG.AU](http://CRACKSINTHEICE.ORG.AU)

## What is ice?

Crystal methamphetamine ('ice') is a stimulant which speeds up the messages between the brain and the body. It can make you feel alert, excited and may lead to dependence.

### Ice affects your mental, physical and social and emotional wellbeing

Ice can affect people differently and may cause more problems for some people than others. Ice use can impact upon your family, friends and community.

### Heavy use is associated with serious, long lasting effects including:



Problems with  
the heart and lungs



Mental health  
impacts



Sleep problems



Weight  
Loss



Dependence

## How can I reduce the harms of using ice?

### Let someone know where you are

Before you use ice, ask someone you feel safe with to check in on you or ask if you can call them if you don't feel well or stressed.

### Take breaks

Take breaks in between using ice to help manage its effects. You may struggle to sleep but try to rest.

### Stay hydrated and keep cool

Ice can cause you to overheat and dehydrate. Try to drink water and eat some food.

### Avoid using with alcohol or other drugs

This can have lots of different effects, many of which are not known.

### Use safe injecting practices

Injecting ice can increase the likelihood of getting infections like HIV, or Hepatitis C. Never share needles, syringes or any injecting equipment.

### Overdose

Know the signs of overdose and other reactions such as racing heart, chest pain, panic attacks, being very hot, fits, seizures, unconsciousness and extreme confusion. Call triple 000 for an ambulance if someone is showing these signs.

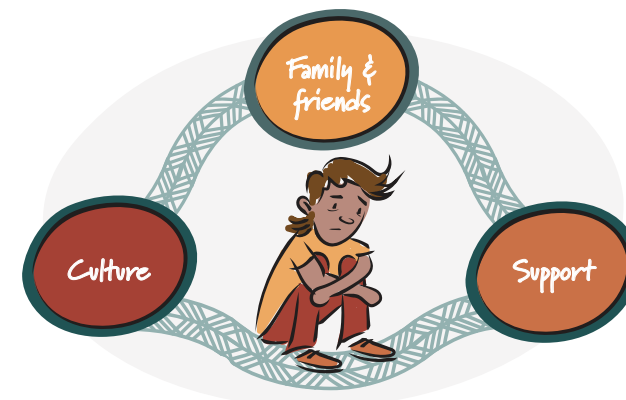
### Yarn with someone

Find a friend, family member or elder you trust and go somewhere you feel safe to yarn.



### Keep connected

You may feel shame, alone or isolated. Try to keep connected with family and friends. This may be helpful when you want to seek professional support.



### Culture and community

Your community may be in the city or the bush. Connecting with your mob can be a great way to get back to your culture and wider community.

### Visit your local clinic

Ask for help from your GP or local health workers.

For more  
information visit [CRACKSINTHEICE.ORG.AU](http://CRACKSINTHEICE.ORG.AU)