

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 resources are available?

- Animations.
- Factsheets.
- Videos.
- Support services.

Information is available for:



Community groups



Family members & friends



Health professionals



School communities

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 healthinfonet.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 FAMILIES AND FRIENDS

Trusted, evidence-based information about crystal methamphetamine ("ice")

CRACKSINTHEICE.ORG.AU

For more information please visit CRACKSINTHEICE.ORG.AU

Effects of ice

Ice can have many effects

Physical, mental and social emotional effects include:



Headaches



Damage to relationships



High blood pressure



Trouble sleeping



Nausea



Blurred vision



Feeling hot



Dehydration (loss of water)



Anxiety & depression



Aggressive behaviours

Long term effects include:

- Dependence.
- Malnutrition.
- Problems with the heart and lungs.

Worried about someone?

Ice can be a very addictive drug. The journey of healing from ice is often long and challenging. Recovery is possible through treatment and support. Family and friends are important on the journey.

If you're worried about someone who might be using ice, one thing you can do is talk with them.

Think about these five steps ...

1. Find and talk to someone who you trust for advice.
2. Get the facts about ice by visiting the *Cracks in the Ice* website.
3. Find a quiet time and place and ask how things are going.
4. Listen respectfully.
5. Offer some support.

Look after yourself and your family

When someone is having trouble with their ice use, it can affect you as well.

- **Talking to a friend** or trusted person about your concerns can help.
- Talk to a **health worker** or your GP at your local medical service.
- If you think it's necessary, develop and implement a **safety plan** for yourself and other family members.
- Call **TRIPLE ZERO (000)** if you feel unsafe. Take yourself and family to a safe place.

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

