

Amphetamines Staying Safe Factsheet



This resource is by headspace National Youth Mental Health Foundation

This factsheet for young people provides information about amphetamines, including crystal methamphetamine 'ice'.



Year: 7 - 12

Summary: Learn more about amphetamines like crystal **methamphetamine 'ice'** by reading this 2-page factsheet.

The factsheet covers important topics including:

- what are amphetamines?
- what do they do?
- how do they impact your mental health?
- what happens if I stop using them?
- what do I do if someone overdoses?
- how do I stay safe?

- where do I get help?

Did you know most young people in Australia haven't used crystal methamphetamine?
[Find out more about how many people use crystal methamphetamine.](#)

Developers:

This resource was developed by [headspace National Youth Mental Health Foundation](#).

Year: 2020

Costs: Free

Evidence base: This resource has undergone expert review.

[Access the factsheet](#)