

It's important to remember that ice can affect different people in different ways and that these symptoms alone do not mean someone is using ice. For more information, visit the [effects of ice](#) section.

If you are worried about someone who may be using ice, this site provides tips to help you [start a yarn](#), information about the [types of help available](#) and [where to get help](#).

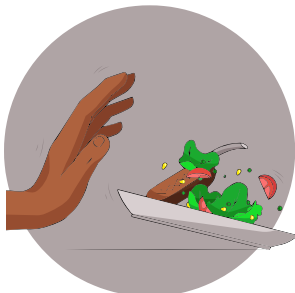
Signs that someone may be using crystal methamphetamine ('ice') can include:

- Dilated (enlarged) pupils
- Increased energy
- Aggressive behaviour
- Trembling
- Complaints of stomach cramps, blurred vision, headaches or dizziness
- Irritability and moodiness

Exhaustion, fatigue or insomnia



Reduced appetite or other changes to eating patterns



Anxiety symptoms such as panic attacks, dizziness, sweating, dry mouth, muscle aches, headaches and nausea



Problems with money, friends, relationships or the law.



What are the warning signs?

The following signs indicate that a person may be **dependent** (hooked) on ice:



It's important to remember that people may not exhibit all the signs listed above and may still be developing **dependence**. For more information, you can complete the 'Do I need help?' quiz [available here](#)

Where to get support

If you're worried about a family member or friend who may be using ice, you can get support. It can be difficult to ask for help but, in most

cases, the sooner you reach out for support, the better. You may want to talk about your worries with a friend or elder that you can trust.

Your local health clinic can also be a good place to start – they can confidentially discuss your concerns with you and refer you on to other services if you need additional support. For more information on support services and how to get help for yourself or a loved one, visit the [What type of help is available?](#) and [When and where to get help](#) sections of Cracks in the Ice.

If you need **emergency support**, please call **Lifeline (13 11 14)** which is a 24-hour crisis helpline or **dial '000'** for the police or an ambulance.

Key Sources

Alcohol & Drug Foundation. (2016). [Amphetamines](#). Melbourne: State Government Victoria. Australian Institute of Health and Welfare. (2018).

[Alcohol, tobacco & other drugs in Australia](#). Canberra: Australian Institute of Health and Welfare.

McKetin, R., & Black, E. (2014). [Methamphetamine: What you need to know about speed, ice, crystal, base and meth](#). Sydney: National Drug and Alcohol Research Centre, University of New South Wales.

MacLean, S., Hengsen, R., & Stephens, R. (2017). Critical considerations in responding to crystal **methamphetamine** use in Australian Aboriginal communities. *Drug and Alcohol Review*, 36(4), 502-508.

Positive Choices. (2016). [How can I tell if someone is using drugs?](#) National Drug and Alcohol Research Centre, University of New South Wales.

Positive Choices. (2016). [What are the warning signs of dependence on drugs?](#) National Drug and Alcohol Research Centre, University of New South Wales.