

Impack blo crystal **methamphetamine** (ice) e mina different por erbi pamle ah community.

Connect lor one anodha ah tok bout ice lor mepla pamle ah community can meke da story clear. E gor help yupla por work out wiskine por cope ah respond por ice related harms. Da healing journey gor be long ah hard por pipol whodat use'e ice, pamle ah community blo dempla.

Wiskine ice gor appekt yupla community ah pamle

- Ip someone lor yupla pamle use'e ice or ol usem lor yupla community, yupla gor peel shame zob, ah fear prom ol police bisit yupla more, pikinini serbis, ah ol nadha gubbament agency.
- Ice can meke pipol act nodhakine. Por example, ol can be aggressive, start ol argument ah pight, ah steal'e ol something. E can cause pamle ah pipol lor community por worry bout safety ah safety blo da koonzi whodat use'e drug.
- Pipol ah pamle whodat struggle lor ice might press gor new house or nadha community - or hide prom ol police or cos elder e spik dempla por geddout.
- Wen ol move round plenty time can mekem nadhakine hard lor ol pikinini ah ol young pipol, ol can experience physical ah emotional impact wen ol pamle or someone ol sabe e appekcted by drug-related problem.
- Money por kaikai, rent, health ah school ol gor spendem lor ice ah tekem prom ol pamle ah met blo dempla.
- E common por relationship e broken when ol pamle member e use'e ice. Ol pamle may stop connect lor one anadha, especially lor ol remote ah isolated community garr.
- E also possible por ol pamle member por develop ol health problem cos ol pipol ol sabe e use'e ice.



Por dem reason ah more, we mus connect ah heal lor community.

E important por understand wa'ne ice, how e can appek pipol, ah wiskine ol nadha pipol manage da problem. Dis wun can help yupla tisse odha pipol lor community por prevent e harm.

Cracks in the Ice dot org dot a-u gad mina tu mus impormasion bout ice ah its epects. E gad tumus free support serbis ah confidential adbice. Ol mite gor help you decide wanem steps por tekem. Por more support serbis, click the yellow ['Get Support' button on Cracks in the Ice](#).

Yupla can bisit [Alcohol and Drug Foundation](#) website to pind out wiskine por start Local Drug Action Team.



Crystal Methamphetamine
*Trusted, evidence-based
information for the community*

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WHAT ARE THE EFFECTS OF ICE?

STAYING SAFE

www.cracksintheice.org.au



Australian Government
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