

Use'e crystal **methamphetamine** or ice e gad range of effects lor pipol mental health ah wellbeing last por few days to few weeks apta ol use'e ice. Por some pipol dem mental health effects gor continue or e nor gor away ah require treatment.

The effects of ice lor pipol mental health can include:

SHORT-TERM EFFECTS

Aggression
irritability
ah mood swings

Being unable por sleep

Substance-induced psychosis

A 'comedown'

Anxiety ah
panic attacks

Feelings of a 'high'



LONG-TERM EFFECTS

Dependence lor ice

Anxiety

Poor memory

Paranoia

Depression

Psychosis

Damage to attention span

WHAT ARE SIGNS SOMEONE MAY BE EXPERIENCING A MENTAL HEALTH PROBLEM?

Insomnia (Not able to sleep)

Methamphetamine Ice e **stimulant**, e mean ol pipol gor wake, cant sleep, even though the **intoxicated** feelings of ice e worn off.

E can mix up pipol sleeping pattern ah matha lead to insomnia, ah ol gor cant sleep garr. Continued problems lor sleeping can lead por someone feeling mina tired, Ol gor cant concentrate or focus ah ol gor gad tumus headaches during the day garr.

Signs of Anxiety disorders

Methamphetamines wa'se ice increase heart rate which can cause pipol por feel out of breath. Some pipol suddenly feel very frightened ah **paranoid** (suspicious) which can trigger ol **panic attack**. Other common symptoms include restlessness, shaking, dizziness, sweating, dry mouth, muscle aches, headaches, feeling sick lor stomach ah vomiting. Dem symptoms can leave pipol feeling agitated ah nervous, particularly as da drug starts to wear off. If dem symptoms persist por several days, or a few weeks, dat wun sign yupla gad **anxiety disorder**.

Signs of Depression (feeling very down)

Wen ol effects blo **methamphetamine** start por wear off, e normal por feel very low, tired ah useless (also called depressive symptoms) por a few hours or even up to few days. Some pipol whodat use e ice now ah den ol experience depressive symptoms even when ol nor use'e da drug recently. Dis wun cos e can reduce brain chemicals which e responsible por meke we feel happy ah excited.

Dempla whodat experience **depression** before ol lor risk of experiencing Dem symptoms. If dem symptoms occur por few days or weeks, dis wun sign ol mite gad **depression** garr.

Signs of Psychotic disorders (not knowing what is real)

Ol use's lots of **methamphetamines** ah por long time can cause acute **psychotic** reactions lor some pipol but nor erbibody.

Some signs of **psychosis** (not knowing what is real) from **methamphetamine** include:

- Feeling like yu are being watched, picked on or dat pipol are out to get yu.
- Hearing, seeing or smelling things dat don't exist. Por example, hearing someone call yu name when no-one e around or imagining things e change shape or moving when they are not.
Unusual thoughts, por example thinking other pipol are reading yu mind or stealing yu thoughts.
- Muddled thoughts or rambling speech.

Dem wun ol sign e can last few hours or few days. A small number of pipol may find dem wun last morelonger (e.g. more den few weeks), or continue even when Ol pipol e nor use'e ice. Dis might mean e gad underlying **psychotic** disorder, wa'se Ol gad **schizophrenia**.

Where to get support

If you, a friend or pamle member e experience ol problems, yu can get support. E can be difficult por seek help, but lor most cases da sooner you reach out por support, da better. You may want to discuss yu concerns lor ol friend or pamle member dat yu can trust. Your General Practitioner or pamle doctor can also be a good starting point – dey can confidentially discuss yu concerns lor you ah refer you on to other services if yu need additional support.

Por more information lor support services ah how to get help por yuselp or yu loved one, visit the [When and Where to Get Help](#) and [What type of help](#) is available sections.



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

GET THE FACTS ABOUT ICE

WHAT ARE THE EFFECTS OF ICE?

STAYING SAFE

www.cracksintheice.org.au

If you need emergency support, call Lifeline on 131 114 (a free and confidential 24-hour crisis helpline) or dial '000' for the police or an ambulance.



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