

Ice-irli jurru karjika-jana rama-rama-mani manu marju mani parra-kari-parra-kari marnkurrpaku kajika maju nyina ice-i kanya-warnu.

Yapa-kari wati marrda kajika-kalu tarngka marju-jarri medijini-kirli-langu.

Short term effects include:

Jalangu-purra ngulaj-ka warlu-warlu-jarri, manjarn-manjarnpa-jarri manu ngukunypa-ka nyarrpa-nyarrpa japa yung manyu-karri manu-ka purda-nguna, jarrrda, manu wajampa-jarri manu ngukunypa-ka ngaw-ngaw-jarrimi manu ka kinyirr-kinyirr ngarni punku-nyayni karnyanu purda nyanyi parlka.

Long term effects include:

Tarngka ngula-ka yapa nyina mental health kirli-ngulaju kapi wala nyina, wajampa, manu pirri-pirri wangu manu ngaw-ngaw ngukunypa manu kapu marngu-nyanya-wangu nyina.

Ngula-ka drugs lawa-nyina parlka-ngulu:

Karji drugs lawa nyina parlka-ngulu parra marngurrpaku karjikanpa-nyarnu wajampa-wajampa purda nyani manu marngarri ngarninja wangu manu kajikanpa ngumani warrarra.

Symptom nyarmpurra karjikanpa nyanyi yapa pina-kalparla ngula kalu pirri-pirri wangu nyina.

SHORT-TERM EFFECTS

Aggression
irritability
mood swings

Insomnia/Unable to sleep

Substance-induced psychosis

A 'comedown'

Anxiety and
panic attacks

Feelings of a 'high'



LONG-TERM EFFECTS

Dependence on ice

Anxiety

Poor memory

Paranoia

Depression

Psychosis

Damage to attention span

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

Jarrda-wangu jarri - Not able to sleep

Nyarmpu **methamphetamine** ice-iji ngulaju **stimulant** kalu ngarrini drugs-i watiji ngula kajana yakarra mardani ice-i ngula muku lawa nyinaja parlka-jangka.

Karji-ka jana jarrda marju-marju mani karjika tarngka jarrda-wangu nyina manu mata-mata jarri. Manu jurru kanpa murru-murru-jarrimi mungalyurru-kari.

Sign-i wati nyany-jaku ngula kalu ngukunypa nyurnu-jarri

Methamphetamine ice-irli ngulaju-ka rduk-rduku kilji mani ngulajangka-ka purda ngaany kijirni. Yapa-kari marrda kajika lani-jarri manu warunga-warunga-jarri manu yirringki jarri.

Symptom kari ngula-ka anxiety-irli nguju-mani mata-mata-jarri, mirr-mirr karri manu walpa-walpa jarri mukarni-patu jarri, lirra linji-jarri, manu yilara-murru-murru-jarri, jurru-murru-murru manu kanpa miyarlu murru-murru-jarri manu kanpa-yulykulyu-pardimi manu kanpa jata-nyanyi ngula-ka drugs-irli lawa jarri parlka-jangka. Kajinpa-nyarnu purd-nyanyi lawa-nyayni miyarlu rurrpa-nyayni ngulaju kanpa **anxiety** palka-kulu nyina.

Sign-wati nyangka ngula-ka depression kutu-jarri (Feeling very down)

Methamphetamine ngula-ka lawa-jarri parlka-jangka, ngulaju karninjarra-nyayni ka-nyanu purda-nyanyi, manu mata-mata manu maju—nyayni parra marngurpaku marrda. Yapa-karili ngula-ka ice-i kanyi ngulaju ka marju mani ngukunypa yangka marrda kajilpa jalangu-jangu langu kangarla, kajika nyukunyparla chemicals-ulu yakarra mardani. Yapa ngula-ka pina nyina depression-mardanja-wanu ngulaju kajika-ka nyurnu-jarri kapu parra-kari-parra-kari marnkurrrpa nyurnu-nyina nyampuju ngulaju depression-i kirli ka nyina.

Signi-wati nyanyaku ngula-ka warunga jarrimi (Junga milyapinja-wangu)

Parnu-nyayni ngula-ka **methamphetamine** kanyi tarngkangu ngulaju-ka warunga-warunga-mani yapa marnkurrrpa marrda lawa marrda yapa-kariji.

Signi-wati nyanyaku ngula ka warunga jarri yangka milyapinya-wangu nyampu methamphetamine jangka ngulaja nyampurra nyanyaku:

- Kajika-kanpa-nyanu nyanyi yapangu-marrda kangu-nyanyi, manu yapa-marrda-kangu kulu-jarri manu marrda kangulu kulu yarnini.
- Purda-nyanyi yapa wangkanja-kurra marrda yuru-yuru manu kaji-kanpa nyanyi yuru-yuru manu marrda parndi-nyanyi yuru-yuru manu kajika kanpa purda-nyanyi yapangu-kangu yirdi-mani ngulaju-kanpa lawa yuru-yuru purda-nyanyi. Manu kajikanpa nyanyi watiya marrda

yurirrinja-kurra ngula ka larlka karri.

- Manu kajikanpa yapa-marrda purda nyanyi ngirnji wangkanja kurra.
- Manu kajikanpa marngu-nyanyi-wangu jarri manu muku-wangka, nyiya-kanti-kanti.

Ngulaju-kajika nyina marnkurrrpa hours-iki manu-marrda marnkurrrpa parraku yapa marnkurrrpangu marrda karjikangu purda-nyanyi tarngkangu. Manu-marrda ice-i wangulangula. Nyampuju ngulaju ngukunypa marju jarrija milyapinja-wangu.

Nyarrparla yalpi maninjaku - Where to get support

Nyunturlu manu marrda friend-irli manu nyuntu-nyangu-patulu kajinpa kuja-piya punku mardani kajikanpa support mani, ngulaju kajikanpa yalpiji-mani wakurturdu-nyayni, kajinpa yalpi mani kaparnkulu ngula nguju kajika kanpa jana wangka friends-watiki manu nyuntu-nyangu patuku marrda yungunpa miyarlu pirdyirri nyina nyarngka marrda family doctor ngulaju nguju nyayni kapingulu service yaparkari kirra kapankulu yilya.

Information-iki on support services manu yalpi marninjaku nyuntuku manu yapa nyuntu-nyangu patuku ngulaju visit-i manta nyaparla-manu nyangula yalpi maninjaku manu nyiya piya yalpi yungunpa mani.

Karjinpa emergency support-uku purda-jarri, ngulaju nyampu ringi-manta Lifeline on 131 144 (nyampuju free manu 24-hour crisis helpline) manu ringi manta 000 yurrkunyuku manu marrda ambulance-iki.