

The impacts of crystal **methamphetamine** ('ice') are different for each family and community. Connecting with one another and yarning about ice and the impacts it is having on your family or community may help to make the story clearer. It may also help you to work out ways to cope or respond to ice related problems. The healing journey may be long and hard for people who are using ice, their family and the community, but it is possible.



## How ice may affect your community & family

- People may feel stigmatised or ashamed if their loved ones are using ice or if ice is being used in their community.
- People living in community may have an increased fear of visits from child services, police, and other government agencies.
- Sometimes people who use ice can behave in ways they normally wouldn't, for example by being aggressive and starting arguments and fights, or stealing. This can lead to families and communities feeling worried about their safety.
- People and families may move home or community regularly, perhaps to avoid authorities or because elders ask them to leave a community. This may contribute to overcrowding in housing and make it difficult to provide security and consistency for children and young people.

- Relationships may suffer or break down and family members may lose connections with one another. This may also result in people missing out on important family gatherings and cultural ceremonies.
- Children and young people who live in households affected by drug related problems may experience physical and emotional impacts.
- Money that is needed to save or buy food, pay for rent, health and schooling needs may be spent on ice or taken from family or friends.
- Family members may worry, feel alone and helpless. They may also develop health problems of their own due to the stress of a person close to them using ice.

## Connecting and healing as a community

- It is important to learn about what ice is, how it can affect people and how other people have managed the problem. This will help you educate others in the community and may help to prevent harm.  
[Cracks in the Ice has a lot of information about ice and its effects](#)
- Our community support group idea may help guide you to get together with those in your community who are also worried about ice. [Click here to view the resource.](#)
- There are a lot of culturally appropriate support services which may be able to offer free, confidential advice on possible steps you can take. [Check out our list of support services here.](#)
- Visit the [Alcohol and Drug Foundation](#) to find out how to start a Local Drug Action Team (LDAT).

## Key Sources

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