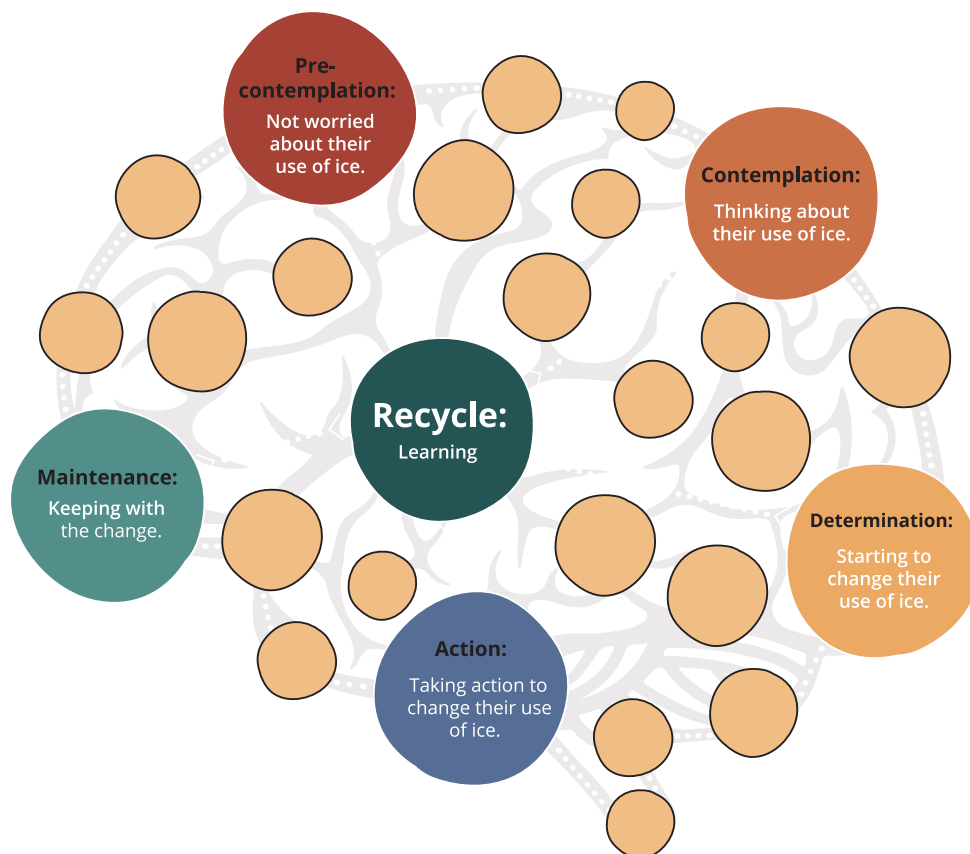


Yapa ice-i jangka ngula-ka nguju-jarri manu nyarngka ngula-ka yuru nyarrpa nyarrpa jarri yangka substance kanya-wanu crystal **methamphetamine** marrda.

Nyampu wurna ngulaju kalu murupa-murupa pirdyirri mani family watikirli manu community kirli pulyangku.

Nyampu yimi ngarini ka friend, manu family manu community member-angku manu marrda yapa ngula wurna punku jangka-ka pirdyirri jarri. Palka yapa panu yalpi-kirli wurna nyampurula. Yunjumu-jarri ngulaka yuru ngulaju pula yapa panu kalu ramparlpa jarri kujajuku tarngka.

Panu yirrdi nyanyaku wurna nyampurula yungu yunjumu-jarri ice-i ngirli.



Step 1 - Not worried about their use of ice

Yirrdi kamparru yapangu milyapinya-wangu kapu maju-mani ice-irli family-wati manu community ngurra. Wiljingki kalu kanyi nyampu ice-punku.

Yapa yalpi maninjaku ngula-ka yirrdi punkungka nyina, lawa kurntaku nguju-manta yimi jana yirri-yirrili ngarrika ice-i-kirli ngula ka jana nyarrpa-nyarrparlu maju mani manu nyarrparla support-i maninjaku wangkaya jana nyarrpa-nyarrpa yungulu nguju pirdyirri nyina manu murlpa mardanjaku nyuntulu manu family-wati-irli manu community-irla.

Step 2 - Thinking about their use of ice

Yirrdi jirrama yapa karji-kanyanu purda-nyanyi pirdyirri wangu. Manu karjika-nyanyi ngulaka maju mani ice-irli manu yapa family ngula-kalu kutu nyurntu-wana nyina yapa marrda karjika marngu-nyanyi nguju marrda manu maju-marrda ice-iji manu marrda kajika marrda ngampurra juku ice-iki purda jarri.

Yapa marrda yalpi maninjaku ngulaka yirrdi nyampurla karri wangkayla murlpa-murlpa ngula-ka ice-i kanyi yirri-yirri pirdyirrila wangkaya manu ngarrika ngula kanparla wajampawajampa-jarri manu yalpi mani support maninjaku treatment-iki.

Step 3 - Starting to change their use of ice

Yirrdi marnkurra yapa yungu yunjumu jarri yungu karri-karri jarri ice-i ngirli wita-kari-witakari marrda karjika yunjumu jarri, parra-kari marrda lawa.

Yapa yalpi maninjaku yirrdi nyampurla, wangkayla nyarrparla yungu yampimi ice-i yalpimanta yungu marngu-nyanyi nguju-jarrinjaku. Nyuntulu wangkayla yungu nyarrpa-nyarrpa nguju yirrdi pura manu murlpangu yalpi manta yungu jana yalpiki payirni clinic-irla manu GP doctor manu jinta-kari treatment service-wati.

Step 4 - Taking action to change their use of ice

Nyarngka yirrdi mirrdirlki yapa ngampurra nyayni yungu yunjumu jarri ice-i ngirli. Wiri nyaynirlki ka marngu-nyanyi yungu yampimi ice-i manu yapaju ngampurra yungu wurnturru nyina yapa-kari ngirli ngula-ka ice-i kanyi manu marrda yungu jinta-jarri family wati-kirli, manu service-yapa-kari kirli yalpi maninjaku.

Yirrdi nyampurla, ngulaju kajika-nyanu kaninjarra purda-nyanyi manu wajampa-wajampa, nyayni manu mata-mata nyayni karjika nyurnu jarri parra marnkurpaku karjika jurru murrumuru jarri, tarla-jarri manu yulykulyu-pardi manu jirwinji-winyapa manu warlu-nyayni.

Yapa yalpi maninjaku yirrdi nyampurla, wangkayla warrara yungu ice-i yampimirlki nyarngka pirdyirrili yung support-i murlpa-murlpa mani manu murlpangka mardanjaku family manu friends-watirla manu community-irla. Ngarrika yungu murlpa jarri ice-i kijaku manu yung marngu-nyanyi yungu pula-jarri.

Step 5- Keeping with the change

Yirrdi rdakalku yapa piridyirri jarrija yungu yunjumu jarri yirrdi punkungka ngula nyinaja ngujulku yapa family-manu culture manu community-larlku.

Yapa yalpi maninjaku yirrdi nyampurla, tarngka-juku support-i maninjaku wangkaya jana tarngka juku nyiya jangka-ka jumati-jarri. Japirka nguju nyinanjaku ice-i wangu. Nyangka murlparlu yungu piridyirri nyina family manu friend-i wati-kirli manu community and culturengka ngulaju nguju-nyayni.

Step 6 - Learning

Yiirrdi six-irlki nyampuju jintarlku pina jarrijaku. Yapa ngulaka pina kanyi ice-i kurntakurntarlku ngula-ka yangka nyina wajampa-wajampa jintu ngula-jangka kalu wajampawajampa-jarri manu ka pina marngu-nyanyi ice yungu pina kanyi.

Yirrdi nyampurla, karjika yapangu nyanyi yungu nyarrpa-nyarrpa piridyirri nyina ice-i wangu, family wati, manu clinic workers manu community members wati karjikal support-i mani yungu ice-i wangu piridyirri nyina.

Yapa yangka yalpi-maninjaku yirrdi nyampurla, ngula-ka pina ramparl yani ice-i kirra wangkayarla yapaku nyiya jangka pina yarnu ice-i kirra manu yarrda japirka nyiya-jangka nguju-ngula kamparru yampija, manu kujarra-langu-jana wangkaya kala yapa-patu ngula kangulu wajampa jarri manu-ngula kangulu murlparlu nyanyi.

Recovery is possible

Ngaru-ngaru-manta clinic-i-kirra manu GP kirra manu jintu-kari treatment service-kirra yalpi maninjaku.

Ngulaka yapa jupu-karri ice-ngirli kapu piridyirri jarri, kapu yukami family manu ngurra kurralku manu marrda yapa-kari-watirliki yalpi maninjaku yangka ngula kalu ice-i kanyi.

Yangka yimi nyampu nyanyaku treatment option watirki ngulaju nyampurra nyarngka:

- Wangkayarla doctor nyuntu-nyarngu-ku
- Nyarngka jana alcohol manu jintu-kari drug counsellor
- Nyarngka jana social manu emotional wellbeing worker
- Manu nyampurra-jana nyarngka mental health professional-wati

Nyangka list-i wati support services wati, click-i manta yellow 'Get Support' button on the cracks in ice website-irla.

Marngu-nyangka karjinpa emergency yalpirki purd-jarri ngulaju nyampu ringi-manta triple 0 yurrkunu-kurra manu ambulance-kurra. Manu nyampu-langu ringi manta Lifeline nyampurla 131 114 karjinpa ngampurrpa nyina wangkanyaku kardiyaku. Manu nyampu Lifeline ngulaju national, free 24-hour hotline.



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



Australian Government
Department of Health
and Aged Care



THE UNIVERSITY OF
SYDNEY
—
Matilda Centre