

Meth Check: 'Ways to Stay Safe' Harm Reduction Booklet



This resource is by Insight.

This resource provides a brief harm reduction booklet for people who use methamphetamine.



Summary: The Meth Check: 'Ways to Stay Safe' Harm Reduction Booklet contains basic information and practical harm reduction advice for people who are currently using **methamphetamines** such as crystal methamphetamine ('ice'). It also includes tips for reducing or stopping methamphetamine use.

The developers recommend health professionals complete a short [e-learning program](#) about methamphetamine before using any of the Meth Check tools.

Developers: This resource was developed by [Insight](#) as part of [Queensland Health's](#) response to [crystal methamphetamine \('ice'\)](#).

Costs: Free to download. Hard copy versions are free in quantities of 1. Postage fees apply for higher quantities.

Year: Developed 2016. Last updated 2022.

Evidence base: This resource has undergone expert review.

[Access the Meth Check: Harm Reduction Booklet](#)