

Methamphetamine Harm Reduction Prompt Cards



This resource is by Insight.

This resource provides prompt cards that health workers can use when providing harm reduction advice to people who use methamphetamine.

| NUTRITION BAR | SLEEP | SUPPORT CARDS |
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| <ul style="list-style-type: none"> Methamphetamine can decrease your appetite Good nutrition is vital to provide fuel to live, grow and repair your body Try to eat each day and try to eat healthily | <ul style="list-style-type: none"> Methamphetamine impacts your ability to sleep Lack of sleep increases the risk of mental health issues and psychosis Plan time to sleep and rest in between using to reduce risk | <ul style="list-style-type: none"> Some people who use methamphetamine also experience: <ul style="list-style-type: none"> Financial issues Housing issues Domestic violence Legal issues Being able to contact support services may be helpful Have contact details or cards available for when you want to make a change |
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Summary: This series of prompt cards is designed to assist health workers to provide harm reduction advice to people who use **methamphetamine**, including crystal methamphetamine ('ice'). They include tips such as staying hydrated, eating healthily, taking breaks from methamphetamine use to sleep and rest, and utilising safe sex and safe injecting practices.

Developers: This resource was developed by Insight.

Costs: Free

Year: 2020

Evidence base: This resource has undergone expert review.

[Access the prompt cards](#)