

# 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
<ul style="list-style-type: none"> <li>Methamphetamine can decrease your appetite</li> <li>Good nutrition is vital to provide fuel to live, grow and repair your body</li> <li>Try to eat each day and try to eat healthy</li> </ul> 	<ul style="list-style-type: none"> <li>Methamphetamine impacts your ability to sleep</li> <li>Lack of sleep increases the risk of mental health issues and psychosis</li> <li>Plan time to sleep and rest in between using to reduce risk</li> </ul> 	<ul style="list-style-type: none"> <li>Some people who use methamphetamine also experience:             <ul style="list-style-type: none"> <li>Financial issues</li> <li>Housing issues</li> <li>Domestic violence</li> <li>Legal issues</li> </ul> </li> <li>Being able to contact support services may be helpful</li> <li>Have contact details or cards available for when you want to make a change</li> </ul> 

**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](#)