

# Methamphetamine

What do we know?  
What help is available?



**Methamphetamine** is an amphetamine-type stimulant. These stimulants affect the activity of certain chemicals in the brain.

Methamphetamine is commonly known as **meth** and when it has a crystal-like appearance, it is known as **ice**.

Analysis of recent seizures by enforcement authorities shows that methamphetamine potency has increased.

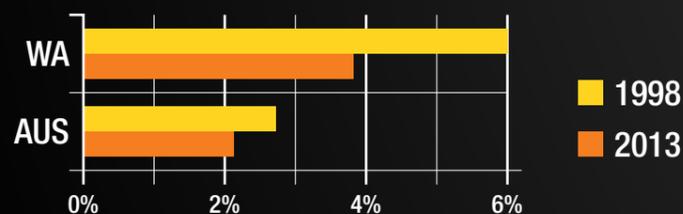
## Most people don't use amphetamine-type stimulants.

Currently, in WA of those that use they are choosing to use a more potent form called methamphetamine, and they are using it more frequently.

**More potent forms + more frequent use  
= increased problems and harms to users.**

## What we know about amphetamine-type stimulants in Western Australia

- In WA the rate of people using sometime in the last 12 months increased from **3.4% in 2010** to **3.8% in 2013**, but remains lower than the previous decade.



- Western Australia has higher rates of use** compared to the rest of Australia.
- There has been a **recent increase** in treatment episodes where the primary drug of concern was an amphetamine-type stimulant.
- The **rate of hospitalisations for amphetamine-related problems has increased.**

## Signs that someone you know may be using methamphetamine

It can often be hard to recognise that someone is using methamphetamine and experiencing harms, so it is important to know some common signs and changes to look for:

- Relationship problems
- Changes to eating patterns leading to poor nutrition
- Sleep disturbance
- Mood swings
- Explosive outbursts
- Trouble with the police
- Reduced interaction with family
- Sudden change of friends
- Unexplained need for money
- Declining school/work performance

**It is also important not to jump to conclusions.  
Clarify and listen before reacting.  
Drug use problems can be very complex and often vary from person to person.**

## How to get help

### Drug Aware

For information on drugs, including signs and symptoms, current research and existing drug campaigns you can visit the **Drug Aware** website.

- Website: [www.drugaware.com.au](http://www.drugaware.com.au)
- Email: [drugaware@live.com.au](mailto:drugaware@live.com.au)



### Alcohol and Drug Support Service

The Alcohol and Drug Support Service provides free, 24/7 non-judgemental telephone, counselling, information, referral and support lines for alcohol and drug use. For more information visit [alcoholdrugsupport.mhc.wa.gov.au](http://alcoholdrugsupport.mhc.wa.gov.au)

### Alcohol & Drug Support Line

For anyone concerned about their own or another person's alcohol or drug use.

- Phone: (08) **9442 5000** (country-callers **1800 198 024**)
- Email: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

### Parent & Family Drug Support Line

For anyone concerned about a loved one's alcohol or drug use.

- Phone: (08) **9442 5050** (country-callers **1800 653 203**)
- Email: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

### Working Away Alcohol & Drug Support Line

Supporting the health and wellbeing of working away from home communities.

- Phone: (08) **1800 721 997**
- Email: [workingaway@mhc.wa.gov.au](mailto:workingaway@mhc.wa.gov.au)