

A man with a beard, wearing a green shirt, is looking through the window of a metal cage. The cage has a horizontal metal bar across the middle. The background is a plain, light-colored wall.

**DRUG  
AWARE**

# **“METH CAN TAKE CONTROL”**

COMMUNITY ACTION KIT

December 2015

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## ABOUT THIS TOOLKIT

Methamphetamine use is a highly emotive topic in most communities. Extensive media coverage of the topic at a state or national level may lead to communities developing a perception of increasing methamphetamine use at a local level.

Addressing methamphetamine-related issues, whether perceived or real, is a complex task. Care should be taken to ensure that, prior to undertaking any activity, the extent of the issue in the local community is fully understood and activities are designed to reflect this understanding. A sensitive and targeted response is best to avoid any increase in the perception of use and harm in the community, which can normalise use amongst young people.

This toolkit has been developed as a resource for communities who have identified methamphetamines as an issue in their community. This toolkit supports the key messages of the Mental Health Commission (MHC) *Drug Aware* methamphetamine campaign, “Meth can take control” and provides professionals and community groups with some ideas about addressing methamphetamine-related harm locally.

## ABOUT THE MESSAGE

The campaign focuses on a series of real life stories that demonstrate how someone using methamphetamines can lose control of their lives. The campaign takes a persuasive approach with key messages creating and reinforcing responsible, informed attitudes about methamphetamines and creating a social dialogue. The overall aim is to prevent and delay the onset of methamphetamine use amongst young Western Australians, intervene early with those who use methamphetamines and encourage and support users to quit and reduce harms associated with methamphetamine use in those that continue to use.

# Background

## ABOUT THE CAMPAIGN

This is a three-year campaign focused on preventing and delaying the uptake of methamphetamine use, and reducing harm associated with use. The first phase of the three-year “Meth Can Take Control” campaign launched on 13 December 2015.

Amphetamine use has been declining over the past ten years, most people don’t use, and even fewer people use regularly. People who do use are using a more potent form, Methamphetamine, and using more frequently, which is resulting in a greater level of harm being experienced.

Methamphetamine related harm is a significant problem for those affected by its use and those close to them. Treatment is available and is being accessed by more people – and it is free.

The Campaign is based on real stories and experiences of people across Western Australia who shared their experiences so they could help others stop meth taking control. The people who have shared their experiences and stories have not been used in the advertisements in order to protect their identity.

The campaign materials have been developed with the support of the Methamphetamine Campaign Expert Advisory Group and tested amongst the target audience to ensure credibility and believability of the materials, and to ensure the advertisements do not normalise the use of methamphetamine.

The following people and organisations are gratefully acknowledged for their support in the development of the campaign:

- People who have shared their stories of how methamphetamine has taken control of their lives
- Parents involved in the focus testing groups
- Target audience involved in the focus testing groups
- WA Police
- Royal Perth Hospital - Emergency and Speech Pathology Departments
- St John Ambulance
- National Drug Research Institute
- Cyrenian House
- WA Substance Users Association
- Next Step
- Alcohol and Drug Support Line
- Parent and Family Drug Support Line and other parent volunteers.

## **THE CAMPAIGN TARGET GROUP**

- Primary target group: Young people aged 17 to 25-years at risk or occasionally using methamphetamine.
- Secondary target group: Regular users of methamphetamines; parents, family and friends of methamphetamine users.

## **THE CAMPAIGN OBJECTIVES**

- Increase awareness and knowledge of the potential health, social and legal consequences of methamphetamine use.
- Increase the salience of the potential risks associated with methamphetamine use.
- Increase awareness of the available sources of information and assistance relating to methamphetamines.

## **THE CAMPAIGN STRATEGIES**

The state-wide campaign features a range of targeted strategies and initiatives including:

- Video (Playback TV/Youtube/Facebook)
- Radio advertising across commercial metropolitan and non-metropolitan stations.
- Internet advertising (Pandora, Facebook)
- Outdoor advertising (train, in venue).

# Taking Action

## WHAT CAN YOU DO LOCALLY

There are a number of activities you can undertake that will help reduce alcohol and other drug-related harm in your community.

There is a solid body of research and information (the evidence base) around what makes for effective prevention initiatives. To be successful at preventing harm and ill-health it is important to frame our work around this evidence base.

This toolkit provides you with a number of different templates and strategies to cater for different community needs, interests and stakeholder capacity in your region or community to raise awareness about the harms of methamphetamine use and to promote available help and support resources.

As a local stakeholder you may wish to use one or all of the templates and strategies. You are in the best position to determine which activities work best for your community and assistance and support is available through Mental Health Commission, as requested.

It is important to take into account that only a minority of people use methamphetamines. Planning action and communication about this fact helps to keep the issue in perspective. It is also important that, those people experiencing problems as a result of their use are supported in getting help.

## TOP 5 THINGS YOU CAN DO TO SUPPORT THE CAMPAIGN LOCALLY

To help promote the campaign there are five things that your community can do, these include:

1. Promote the methamphetamine infographic and factsheet by placing on notice boards, on your organisation's Facebook page and/or website.
2. Promote the *Drug Aware* website on your organisations Facebook page and/or website.
3. Promote your local and the state-wide treatment services.
4. Use key campaign messaging points to increase awareness of available information and help locally.
5. Share Facebook posts found on <https://www.facebook.com/Drug-Aware-179203535459418/?ref=bookmarks> on your organisations Facebook or website.

# Taking Action

## THIS KIT INCLUDES

Resources provided in the toolkit can help with increasing awareness and knowledge of amphetamine-related issues affecting young people.

This toolkit includes:

- a calendar of events
- campaign videos
- campaign posters
- methamphetamine infographic and fact sheet
- facebook resources
- points to assist community stakeholders in media messaging to promote support & drug treatment services
- radio interview support questions
- frequently asked questions
- available support
- drug resource order form
- useful links.

If you need support, or wish to adapt any of the available resources to suit your community, please contact the **Community Programs team at the Mental Health Commission**

**Phone: (08) 9370 0333.**

**Email: [communityprograms@mhc.wa.gov.au](mailto:communityprograms@mhc.wa.gov.au)**

# Calendar

This calendar highlights the main events and festivals of the year, providing an opportunity to use the materials in this kit to promote key messages about amphetamine use and the harms associated.

Key Events			
JAN		SOUTHBOUND BUSSELTON AUSTRALIA DAY	
FEB		ST JEROMES LANEWAY FESTIVAL	
MAR			
APR		GROOVIN' THE MOO BUNBURY	
MAY		KIMBERLEY MOON	
JUNE		DRUG ACTION WEEK	
JULY			
AUG		NORTHWEST FESTIVAL PORT HEDLAND	
SEPT		AUSTRALIAN OVERDOSE AWARENESS WEEK	For more information you can visit <a href="http://www.scriptwise.org.au">http://www.scriptwise.org.au</a>
OCT		MENTAL HEALTH WEEK	For more information you can visit: <a href="http://mhw.waamh.org.au/">http://mhw.waamh.org.au/</a>
NOV			
DEC		BREAKFAST ORIGIN NEW YEARS EVE FESTIVAL NEW YEARS EVE	



# Campaign Videos

These 90 second videos can be used in a variety of ways via social media sharing on Facebook pages and on websites and in your local Community Health Services. Note these videos are targeted at people 17 years and over.

## THE LAW



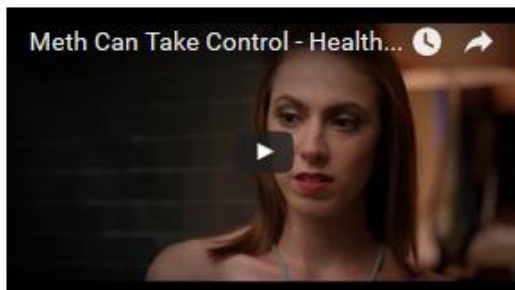
<https://www.youtube.com/watch?v=yNyLulzuX2c>

## RELATIONSHIPS



<https://www.youtube.com/watch?v=aIUoxTNDHu4>

## HEALTH




<https://www.youtube.com/watch?v=m0Xh36nKwjQ>

## Campaign Posters

The below campaign materials can be used to promote the methamphetamine campaign and its associated campaign messages. They can be displayed in a variety of locations including shopping centres, community centres and sporting complexes etc.


Campaign poster – Outdoor



Meth took everything from me. I had no job or money, I was bored. I couldn't feel happy. I kept fighting with my family and that just made me more depressed, so I started using more. No one would lend me money, not even my mates. So I stole stuff from my parents and sold it. They'd had enough and they kicked me out. Now I've got nothing.

**DRUG AWARE**  
**METH CAN TAKE CONTROL**  
IF YOU, OR SOMEONE CLOSE TO YOU, NEEDS HELP CALL THE ALCOHOL AND DRUG SUPPORT LINE ON 1800 198 024 OR VISIT DRUGAWARE.COM.AU


Campaign poster – Outdoor



On a big weekend my head really started to hurt, my face went numb and my heart was racing. I was so scared. The ambos told me my blood pressure was really high, and they tried to calm me down. When I got to hospital, I found out I'd had a stroke. The doctors don't know the full extent of the damage yet.

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Campaign poster – Outdoor



I stopped being reliable and would lie about why I was late for work. I was getting scattered my head was all over the place. I couldn't concentrate or keep up. Everything took longer than it used to. Eventually, I got fired and couldn't afford rent. So I had to move back with my parents.


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Metro and regional versions of these posters are also available.



# Campaign Posters

Campaign poster – Train




Meth took everything from me. I had no job or money, I was bored. I couldn't feel happy. I kept fighting with my family and that just made me more depressed, so I started using more. No one would lend me money, not even my mates. So I stole stuff from my parents and sold it. They'd had enough and they kicked me out. Now I've got nothing.

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Campaign poster – Train




On a big weekend my head really started to hurt, my face went numb and my heart was racing. I was so scared. The ambos told me my blood pressure was really high, and they tried to calm me down. When I got to hospital, I found out I'd had a stroke. The doctors don't know the full extent of the damage yet.

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Campaign poster – Train



SO I ENDED UP GETTING MIXED UP WITH SOME REALLY DODGY PEOPLE LIKE DEALERS AND OTHER WEIR. ONE NIGHT I WAS SCORING FOR SOME FRIENDS AND THE POLICE CAUGHT ME LEAVING THE DEALER'S HOUSE. I ENDED UP WITH A CRIMINAL RECORD. 'COS OF THAT ITS WAY HARDER TO GET A JOB OR TRAVEL OVERSEAS WHERE I WANT. METH STOLE A PART OF MY LIFE.

**DRUG AWARE**

**METH CAN TAKE CONTROL**  
IF YOU, OR SOMEONE CLOSE TO YOU, NEEDS HELP  
CALL THE ALCOHOL AND DRUG SUPPORT LINE ON  
9442 5000 OR VISIT DRUGAWARE.COM.AU

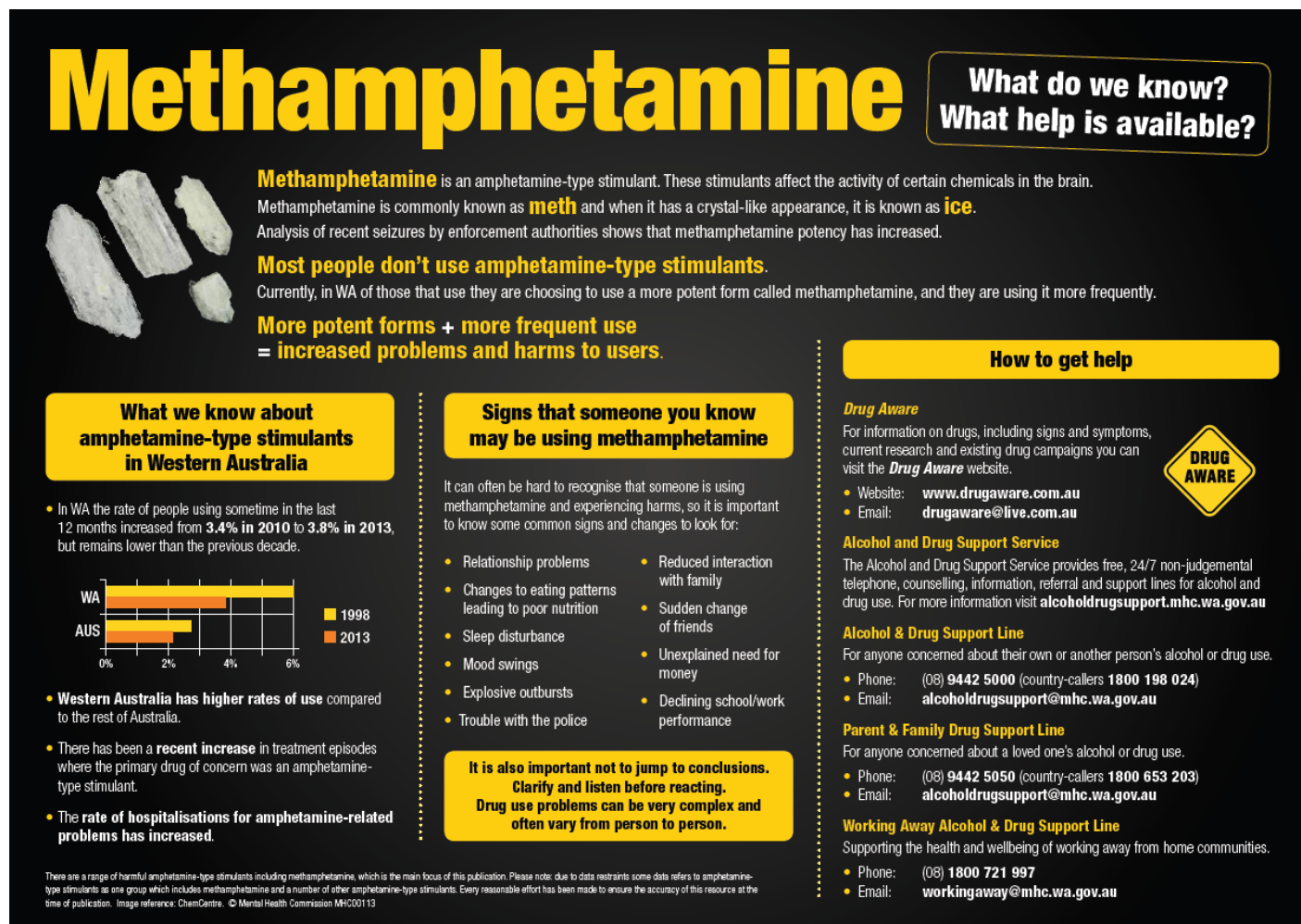
# Infographic

This infographic can be used in a variety of ways, to highlight important statistics and information about methamphetamines:

- Place on Facebook pages and/ or in newsletters
- Display in community centres and/ or Shopping Centres.

To download a digital copy of this infographic go to the [http://drugaware.com.au/media/1121/151130-ccmeth-infog\\_a3\\_web-final.pdf](http://drugaware.com.au/media/1121/151130-ccmeth-infog_a3_web-final.pdf)

To order hard copies of this resource use the Resource Order Form on pages 25 & 26



# Factsheet

This fact sheet provides useful information that can be distributed or utilised in a variety of ways, including:

- Placed on Facebook pages and/or in newsletters
- Displayed at events
- Displayed in waiting areas.

A digital copy of this flyer as well as a printable version can be downloaded from the *Drug Aware* website via [http://drugaware.com.au/media/1119/151130ccmeth-fact-sheet\\_a4\\_web-final.pdf](http://drugaware.com.au/media/1119/151130ccmeth-fact-sheet_a4_web-final.pdf)

Hard copies of this resource can be ordered using the Resource Order Form on pages 25 & 26

## Methamphetamine



**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**.

If you have someone close to you using **methamphetamine**, no doubt you are worried and anxious – most people are and this is a normal reaction. Common feelings can include shock and disbelief, grief, anger and fear.

**Common signs of methamphetamine use include:**

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

**Harms associated with methamphetamine use can include:**

<b>Malnutrition and weight loss</b>	<b>Emotional disturbances</b>	<b>Delusional thoughts and behaviour</b>
<b>Reduced resistance to infection</b>	<b>Periods of psychosis</b>	<b>Mood swings</b>
<b>Violent behaviour</b>	<b>Paranoia</b>	<b>Increased risk of stroke and heart attack</b>

**Tips on how to address the problem with a friend or family member using methamphetamine**

- 1. GET YOUR FACTS**
  - Call the **Alcohol and Drug Support Line** or the **Parent and Family Drug Support Line** (details overleaf) and talk to a counsellor confidentially to get accurate information about methamphetamine; the signs and symptoms and what options may be available.
  - They will help you to clarify exactly what your concerns are and assist you in planning the steps needed to address the problem.
- 2. MAINTAIN OPEN AND HONEST COMMUNICATION**
  - Choose an appropriate time to talk free of distractions and when they are not intoxicated.
  - Try to remain calm and stick to the point you wish to get across. Listen carefully without being judgemental.
  - Be clear and honest about your feelings, let them know how their drug use is affecting you.
  - Use "I" statements instead of "you" statements. For example, try "I'm really worried about" instead of "you should..."
- 3. NEGOTIATE AND SET GUIDELINES**
  - Talk through with your partner/others involved and make decisions about what you are and aren't prepared to accept.
  - Allow your friend/family member to experience the consequences of their behaviour.
  - Don't make ultimatums that you aren't prepared to enforce.
- 4. SUPPORT AND ENCOURAGE POSITIVE BEHAVIOUR**
  - Encourage the person to develop supportive networks.
  - Congratulate them when they achieve their goals.
- 5. DON'T FORGET TO LOOK AFTER YOURSELF**
  - Family and friends can experience a range of emotions as a result of a someone else's drug use and can be in more crisis than the user themselves. It's important to find ways of coping with stress and to access information and support from services who understand.
  - Call one of the support lines (details overleaf) to talk to a professional counsellor about how to get help.

## Methamphetamine

### Overdose

**Overdose** occurs when the level of intoxication from the drug reaches a point where it begins to produce physical and/or psychological harm. Overdose from methamphetamine usually results from the drug's stimulating effects and can cause strokes, heart failure, seizures and death. Overdose with amphetamine-type stimulants is referred to as 'toxicity'.

**Signs of a stimulant overdose** (e.g. ecstasy, speed, cocaine, methamphetamine):

<b>Hyperactivity/sweating</b>	<b>Raised temperature</b>	<b>Rapid breathing/feeling that you can't breathe</b>
<b>Chest pain/pounding heart</b>	<b>Convulsions</b>	<b>Paranoid, delusional, irritable, anxious or psychotic behaviour</b>
<b>Severe Headache</b>	<b>Shaking/trembling/spasms</b>	
<b>Difficulty passing urine</b>	<b>Disorientation</b>	

- If you think someone is having an overdose call an ambulance (000) immediately. Remember, **police will not attend overdoses** unless there is a death or ambulance staff are threatened.
- If you are concerned about someone's mental health you can contact the **Mental Health Emergency Response Line (MEHRL)** on 1300 555 788 (Metro callers), 1800 676 822 (Peel callers free call) or 1800 552 002 (Furber callers free call).


### Information and Support

If you require immediate help call the emergency line (dial 000 from anywhere in Australia) for assistance.

#### 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)



#### Parent & Family Drug Support Line

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

Phone: (08) 9442 5060  
Country callers: 1800 653 203  
Email: [alcoholdrugsupport@mhcc.wa.gov.au](mailto:alcoholdrugsupport@mhcc.wa.gov.au)

#### Working Away Alcohol & Drug Support Line

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

Phone: 1800 721 997  
Email: [workingaway@mhcc.wa.gov.au](mailto:workingaway@mhcc.wa.gov.au)

#### Alcohol & 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.mhcc.wa.gov.au](http://alcoholdrugsupport.mhcc.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@mhcc.wa.gov.au](mailto:alcoholdrugsupport@mhcc.wa.gov.au)

**Drug use problems can be complex and often vary from person to person. It is important to note that the information provided is to be used as a guide only and may not be suitable for your own situation. If you are unsure about whether the provided information is right for you please call Alcohol & Drug Support Line on (08) 9442 5000 for support.**

There are a range of harmful amphetamine-type stimulants including methamphetamine, which is the main focus of this publication. Every reasonable effort has been made to ensure the accuracy of this resource at the time of publication. Image reference: ChemCentre. © Mental Health Commission MHC00114

All campaign resources can be found on the drug aware website:  
<http://drugaware.com.au/about-us/current-campaigns/meth-can-take-control/>



# Facebook Resources

These Facebook resources provide campaign information and information on help and treatment that are available for your community. You can share these resources from the *Drug Aware* Facebook page on your organisation's website or Facebook page.

**Drug Aware**  
Sponsored · 🌐

Help is available. Our support line is run by parents of children affected by drug use.



Parent and family support

DRUGAWARE.COM.AU [Learn More](#)

Like Comment Share

**Drug Aware**  
Sponsored · 🌐

Help is available 24/7, making it easy to seek help when you need it. [Learn more](#).




Where to get help

DRUGAWARE.COM.AU [Learn More](#)

Like Comment Share

**Drug Aware**  
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Learn more about treatment pathways for people with meth-related problems. [Get help here](#).



Meth treatment & support

DRUGAWARE.COM.AU [Learn More](#)

Like Comment Share

**Drug Aware**  
Sponsored · 🌐

Meth is a stimulant drug that affects the brain and leads to lasting health issues.



What Meth does to you

DRUGAWARE.COM.AU [Learn More](#)

Like Comment Share

**Drug Aware**  
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Are you worried your child or someone you know could be using Meth? Read about the signs.




Support info for parents

DRUGAWARE.COM.AU [Learn More](#)

Like Comment Share

**Drug Aware**  
Sponsored · 🌐

Methamphetamine is also known as meth, speed or Ice in its crystal form. [Get the facts](#).



Facts about Meth

DRUGAWARE.COM.AU [Learn More](#)

Like Comment Share

**Drug Aware**  
Sponsored · 🌐

Noticed eating habits changed, mood swings, unexplained need for money? [Tips to help](#).



Meth. Signs and symptoms

DRUGAWARE.COM.AU [Learn More](#)

Like Comment Share

# Points to Assist Community Stakeholders in Media Messaging to Promote Support & Drug Treatment Services

## BACKGROUND TO USING KEY MESSAGES

- The following points have been developed for use in communications activity in your local community.
- A key focus of any key messages should be to deliver the facts and most importantly to deliver information about where people can access support and treatment services including local treatment services.

## KEY POINTS

- The National Household Survey conducted in 2013 reported that only 3.8% of Western Australians were using amphetamine-type stimulants and the level of use has been declining over the last decade. Despite this, communities in WA, and across the country, are experiencing more amphetamine-related harm and problems.
- The amphetamine-related problems being experienced by communities is due to a change in the type of amphetamines people are using and how often that are using it.
- Not only are people using a more potent form of amphetamine known as methamphetamine they are also using it more frequently. This combination of increased potency and frequency of use has led to bigger problems and harms in communities and more people seeking treatment services.
- If you have someone close to you that you think may be using methamphetamine, there is help and treatment available.
- It can often be hard to recognise that someone is using methamphetamine and experiencing problems.
- Common signs of use or changes in behaviour include sleep disturbance, changes to eating patterns, mood swings and explosive outbursts, a sudden change of friends and an unexplained need for money.
- Drug use problems can be complex and vary from person to person.
- Speaking with a counsellor from the Alcohol and Drug Support Line or the Parent Drug Support Line can help you to plan how to address the problem including how to establish open and honest communication, negotiate and set guidelines, and encourage positive behaviour.
- The Alcohol and Drug Support Line is a good starting point for referral to local help and support services.

## Points to Assist Community Stakeholders in Media Messaging to Promote Support & Drug Treatment Services

### Free Treatment and Support Services are Available in Western Australia

The Alcohol and Drug Support Service provide free 24/7 non-judgemental telephone, counselling, information, referral and support lines for alcohol and drug use. These services include:

#### Alcohol & Drug Support Line

A free, 24/7 non-judgemental telephone, counselling, information, referral and support line for anyone concerned about their or another person's alcohol or drug use.

Phone: **(08) 9442 5000 (or toll-free for country callers on 1800 198 024).**

Email: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

#### Parent & Family Drug Support Line

A free, 24/7 non-judgemental telephone, counselling, information, referral and support line for anyone concerned about a loved one's alcohol or drug use.

Phone: **(08) 9442 5050 (or toll-free for country callers on 1800 653 203).**

Email: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

#### Working Away Alcohol & Drug Support Line

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

Phone: **1800 721 997**

Email: [workingaway@mhc.wa.gov.au](mailto:workingaway@mhc.wa.gov.au)

#### Drug Aware Live Chat Service

Chat online live and confidentially to a qualified Alcohol and Other Drug Counsellor by going to the home page of the *Drug Aware* website [www.drugaware.com.au](http://www.drugaware.com.au) Live chat is offline between 10pm and 7am.



## Frequently Asked Questions

This information can be displayed within the community for example on notice boards in local shopping centres, sporting clubs or in your organisation. They can be used to promote discussion in presentations to work groups, community groups and local organisations.

They can also be used as inserts in newsletters and shown on your organisation's website and Facebook pages. You don't need to use all these questions at once; you could deliver them a segment at a time as a series e.g. one per week/month.

### What are amphetamines?

**Amphetamines** are a group of drugs known as stimulants that increase the speed of messages travelling to and from the brain and the body. Amphetamines come in a variety of forms and can be swallowed, injected, smoked or inhaled (snorted). Amphetamines can be used both legally and illegally.

**Dexamphetamine** is a form of amphetamine that is used for medical purposes to treat conditions such as Attention Deficit Hyperactivity Disorder

When used illegally, amphetamines can cause serious harms not only related to the effects of amphetamines but also associated with the method of use and due to other substances they may be mixed with them, such as caffeine, harmful binding agents or other psychoactive drugs. There are many slang names for amphetamines including speed, goey, ice, whizz, dexies, crystal, meth, uppers and base.

Most people don't use amphetamine-type stimulants. However those who do use are choosing to use a more potent form called

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

For anyone concerned about their own or another person's alcohol use call the on Alcohol & Drug Support Line on (08)9442 5000.

### What age are people starting to use methamphetamines?

The National Household Survey conducted in Australia 2013 showed that the average age of initiation of methamphetamine use is older, with the mean age now being 21.4.

## Frequently Asked Questions

### How can you tell if someone you know may be using methamphetamines?

It can be hard to recognise that someone you know may be using methamphetamine. It is 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. Some common signs and changes you might see include:

- Relationship problems
- Changes to eating patterns
- 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.

If you need help on how to talk to someone about their methamphetamine use call the Alcohol and Drug Support Line on 9442 5000 (country callers 1800 198 024) or the Parent and Family Support Line on 9442 5050 (country callers 1800 653 203) to get support from a counsellor confidentially.

### Can you overdose from using methamphetamines?

Yes overdose from methamphetamine use can occur, usually from the drug's stimulating effects. It can cause strokes, heart failure, seizures and death.

Signs that someone may be experiencing a stimulant overdose Include:

- Hyperactivity/sweating
- Chest pain/pounding chest
- Severe headache
- Difficulty passing urine
- Raised temperature
- Convulsions
- Shaking/trembling/spasms
- Disorientation
- Rapid breathing/ feeling that you can't breathe
- Paranoid, delusion, irritable, anxious or psychotic

**If you think someone is having an overdose call an ambulance (000) immediately.** Remember **police will not attend overdoses** unless there is a death or ambulance staff are threatened

## Frequently Asked Questions

### Has there been a dramatic increase in the number of people using methamphetamines?

In Western Australia most people don't use amphetamines. In 2013, 3.8% of Western Australians, aged 14 years and over had recently used amphetamines. This research did show however, that Western Australia has higher rates of use compared to the rest of Australia, 3.8% compared to 2.1%.

Western Australia has generally followed national trends, with some positives, such as overall use declining over the past decade, with the rate of use dropping from 6% to 3.8%.

More recently there has been an increase in people seeking treatment where the primary drug of concern is amphetamines and the rate of hospitalisations for amphetamine-related problems has also increased.

So what has changed? There has been a significant increase in users reporting they are now using more frequently and have switched to the more potent crystal or ice form methamphetamine. More frequent use of a more potent form of amphetamine has led to users experiencing increased problems and harm.

For anyone concerned about their own or another person's methamphetamine use call the on Alcohol & Drug Support Line on (08)9442 5000.

### What are the harms associated with methamphetamine use?

There are a range of harms associated with methamphetamine use including:

- Malnutrition and weight loss
- Reduced resistance to infection
- Violent behaviour
- Dry mouth and dental problems
- Difficulty breathing
- Periods of psychosis
- Anxiety and paranoia
- Mood swings
- Depression
- Memory disturbance.
- Delusional thoughts and behaviour
- Increased risk of stroke and heart attack
- Kidney problems
- Dependence

There is also emerging evidence to suggest that drugs that have stimulant effects such as methamphetamines can cause brain injury. In a 'pilot study of brain MRI of young people attending Emergency Department with an amphetamine-related presentation, one in five had an obvious brain lesion (injury).'

# Frequently Asked Questions

## How do you talk to and support a family member or friend you think they might have a problem with methamphetamine use?

### GET THE FACTS

- Call the Alcohol and Drug Support Line on 9442 5000 (country callers 1800 198 024) or the Parent and Family Support Line on 9442 5050 (country callers 1800 653 203) to get support from a counsellor confidentially to get accurate information about methamphetamine and what options are available.
- They will help you to clarify exactly what your concerns are and assist in planning the steps needed to address the problem.

### MAINTAIN OPEN AND HONEST COMMUNICATION

- Choose an appropriate time to talk free of distractions and when they are not intoxicated.
- Try to remain calm and stick to the point you wish to get across. Listen carefully without being judgemental.
- Be clear and honest about your feelings, let them know how their drug use is affecting you.
- Use “I” statements instead of “you” statements. For example, try “I’m really worried about” instead of “you should...”

### NEGOTIATE AND SHIFT GUIDELINES

- Talk through with your partner/others involved and make decisions about what you are and aren’t prepared to accept.
- Allow your friend/family member to experience the consequences of their behaviour.
- Don’t make ultimatums that you aren’t prepared to enforce.

### SUPPORT AND ENCOURAGE POSITIVE BEHAVIOUR

- Encourage the person to develop supportive networks.
- Congratulate them when they achieve their goals.

### LOOK AFTER YOURSELF

- Family and friends can experience a range of emotions as a result of someone else’s drug use and can be in more crisis than the user themselves. It’s important to find ways of coping with stress and to access information and support from services who understand.
- Call one of the support lines above to talk to a counsellor about how to get help yourself.

## Frequently Asked Questions

### If someone wants to stop using methamphetamines, what can they do?

Don't be afraid to ask for support or help.

There are support and treatment services available for people wanting to make changes to their methamphetamine use, including:

#### Alcohol & Drug Support Line

A free, 24/7 non-judgemental telephone, counselling, information, referral and support line for anyone concerned about their or another person's alcohol or drug use.

Phone: **(08) 9442 5000** (or toll-free for country callers on 1800 198 024).

Email: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

#### Working Away Alcohol & Drug Support Line

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

Phone: **1800 721 997**

Email: [workingaway@mhc.wa.gov.au](mailto:workingaway@mhc.wa.gov.au)

#### Parent & Family Drug Support Line

A free, 24/7 non-judgemental telephone, counselling, information, referral and support line for anyone concerned about a loved one's alcohol or drug use.

Phone: **(08) 9442 5050** (or toll-free for country callers on 1800 653 203).

Email: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

#### Drug Aware Live Chat Service

Chat online live and confidentially to a qualified Alcohol and Other Drug Counsellor by going to the home page of the *Drug Aware* website [www.drugaware.com.au](http://www.drugaware.com.au) Live chat is offline between 10pm and 7am.

## Available Support

The Prevention Team at the Mental Health Commission can provide assistance when implementing a local methamphetamine prevention program.

They can help with:





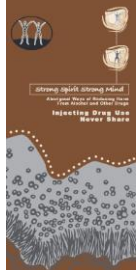
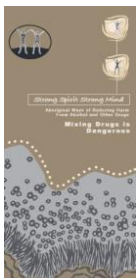
- developing local activities which are realistic, achievable and follow a best-practice approach
- troubleshooting likely barriers to implementing your activities
- suggesting ways to overcome obstacles
- discussing strategies for ensuring the right people are consulted and engaged
- sharing the experience from previous campaigns and other communities who have implemented similar activities
- approving use of Mental Health Commission logos and campaign messages.

If you would like support from the Mental Health Commission please contact the  
**Community Programs team at the Mental Health Commission.**

**Phone: (08) 9370 0333**

# Drug Resource Order Form

- These materials have been developed for a Western Australian (WA) audience and many contain WA-specific information.
- Hard copy resources may be ordered for use in WA only. Please note there is no cost involved with ordering these resources.
- PDF copies of resources can be downloaded from <http://www.dao.health.wa.gov.au/Informationandresources/Publicationsandresources.aspx>

Image	Booklets / Fact sheets / Information Cards / Pamphlets	Minimum Quantity	Maximum Quantity	Order Quantity
	<b>Methamphetamine – What do we know? What help is available A3 infographic</b> A resource for regular users of methamphetamine and family and friends of young people at risk of methamphetamine-related harm	N/A	10	
	<b>Methamphetamine A4 info sheet</b> A resource for family and friends of young people at risk of methamphetamine-related harm	N/A	10	
	<b>Facts about drugs A4 booklet</b> A booklet outlining licit and illicit drugs and their associated health effects	N/A	15	
<b>Culturally secure resources</b>				
	<b>Speed brochure</b> HP001752	50	100	
	<b>Injecting drug use – Never share brochure</b> HP001748	50	100	
	<b>Mixing drugs is dangerous brochure</b> HP001746	50	100	
No image available	<b>What our people need to know about speed - DVD</b>	N/A	1	

**ORDER DETAILS:**

<b>Title</b>	<input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input type="checkbox"/> Miss <input type="checkbox"/> Dr <input type="checkbox"/> Other.....
<b>Name:</b>	
<b>Occupation:</b>	
<b>Organisation:</b>	
<b>Address:</b>	
<b>Telephone:</b>	
<b>Email:</b>	

**Please return your form to:** Laura Moniodis  
Drug, Alcohol and Prevention Services Division  
Mental Health Commission

**Mail:** PO Box 126, Mt Lawley WA 6929

**Phone:** 9471 0404

**Email:** [laura.moniodis@mhc.wa.gov.au](mailto:laura.moniodis@mhc.wa.gov.au)



## Useful Links

### **Mental Health Commission**

7 Field Street

Mount Lawley WA 6050

Telephone: **(08) 9370 0333**

Fax: **(08) 9272 6605**

Website: [dao.health.wa.gov.au](http://dao.health.wa.gov.au)

### **Drug Aware**

Website: [drugaware.com.au](http://drugaware.com.au)

### **Alcohol and Drug Support Line (ADSL)**

Information, counseling and advice for people concerned about their own or another's alcohol and other drug use. This is a 24-hour; state-wide, confidential telephone service.

Telephone: **(08) 9442 5000**

Toll free (country callers only): **1800 198 024**

Email: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

### **Parent and Family Drug Support Line (PDSL)**

Confidential telephone support, counseling, information and referral service for parents.

Telephone: **(08) 9442 5050**

Toll free: **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: **1800 721 997**

Email: [workingaway@mhc.wa.gov.au](mailto:workingaway@mhc.wa.gov.au)