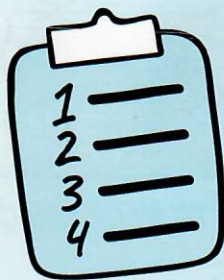


METH CHECK



The purpose of Meth Check is to provide you with some useful information and practical tips around methamphetamine. It should only take about 10-15 minutes to complete.

WORKER'S NOTES

This tool is designed to help guide a conversation with someone who uses methamphetamine. It is not intended to replace a full clinical assessment. Please consider all risk, safety, consent and confidentiality issues before commencing. If now is not a good time, this resource can be taken away and read at a later date. A guide to using this tool can be found at www.insight.qld.edu.au

START HERE!



1 A BIT ABOUT METH

DID YOU KNOW...

- Meth is a powerful stimulant drug.
- It can make you feel good and increases your alertness and energy.
- It works by causing a huge release of 'dopamine', the brain's pleasure chemical.
- It is known by many different names – speed, ice, crystal, shard, tina, fast, goey, whizz.
- Powdered speed used to be amphetamine, but these days it almost always is methamphetamine.

WHAT TYPE OF METH DO YOU USE?



These are all the same drug – methamphetamine – only the form and purity is different.*

TOP TIP

- The higher the purity the less you need.
- Purity can change from batch to batch.
- All use carries risk.



HOW OFTEN HAVE YOU USED METH IN THE PAST 12 MONTHS?

- Weekly
- Monthly
- Less than once per month

DID YOU KNOW...

Only 1.4% of Australians have used meth in the last 12 months?***

The majority of these people use it less than once per month.



TOP TIP

- The more frequently you use meth, the more problems you can experience.
- If you find yourself using meth every week, you might be 'dependent' on meth.

* There are also prescription medications which contain amphetamine or amphetamine-like substances (e.g. Ritalin, 'Dexamphetamine').

*** National Drug Strategy Household Survey 2016. AIHW