

THINKING ABOUT CUTTING BACK OR QUITTING?

Most people successfully quit or cut back their use of meth all by themselves. Many find it easier with the support of family, friends and/or health professionals. There is more than one way of changing – everyone is different and it's important to think about what works for you.

CAN YOU THINK OF SOME PRACTICAL THINGS YOU CAN DO TO HELP YOU CUT BACK OR QUIT?

HERE ARE SOME OTHER TIPS...

- **REASONS** – Write down why you want to quit or cut down. This could include money, saving a relationship, health benefits, etc.
- **SUPPORT** – Make sure you have as much support as possible. Try thinking of people who can support you.
- **CUES** – Avoid things that will make you feel like using such as places, people and stressful situations. This is especially important in the beginning.
- **CUT TIES** – Throw out anything you associate with using (e.g. pipes, injecting equipment) and cut connections to people associated with meth if possible (e.g. delete phone numbers).
- **CRAVINGS** – Be prepared. These are uncomfortable but they will pass.
 - **Delay** making a decision on whether or not to use for 5 minutes or up to half an hour, or longer.
 - **Distract** yourself e.g. phone a friend, go for a walk, eat, listen to music.
 - **Deep breathing** or other relaxation techniques can help you stay calm.

MY PLAN FROM HERE IS...

WHAT TO EXPECT

You can sometimes feel worse before you feel better. You may feel flat, anxious, irritable or have trouble sleeping. Or you could find it more of a challenge to get motivated or organised.

These are normal responses to quitting and are signs that your body is readjusting from using the drug. They will improve over time.

Is there someone you can trust - like a family member, friend or worker - who you can talk to about your meth use?



REMEMBER:

- Help is available.
- Treatment works.
- People can make successful changes around their meth use.
- If you are trying to quit, sometimes it can take a few attempts. Learn from any slip-ups and keep going.

MORE HELP...

Her Drug Hotline for phone counselling,

Your local service or NSP contact is: