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# Crystal Meth

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## Crystal Meth (Methamphetamine)

**Street names: chalk, crank, ice, jib, meth, speed**

Crystal meth is a form of the drug methamphetamine.

It is made in home labs with toxic chemicals such as drain cleaner, batteries and antifreeze.

Crystal meth is a powerful stimulant or 'upper'.

### Is crystal meth addictive?

Yes, crystal meth is a very addictive drug, even if used for a short period of time.

Those who use crystal meth regularly will build up a tolerance, meaning they need more and more to feel 'high'.

When regular users stop taking crystal meth there can be very strong cravings and withdrawals.

### Is crystal meth dangerous?

Yes, crystal meth is dangerous.

Not all crystal meth is made the same way. This makes it difficult to know how it is made or how strong it is.

When used regularly over a long period of time, crystal meth can cause psychosis including delusions, paranoia, and violent behaviour.

Regular use can lead to 'meth mouth' or severe tooth decay.

Regular use can also lead to meth 'bugs' or the feeling of bugs under the skin. This leads the user to pick at their skin, producing sores.







## Crystal Meth and Pregnancy

It is safest not to use crystal meth while pregnant.

### This is because...

Using crystal meth during pregnancy may cause a woman to give birth too early.

Crystal meth can pass to the baby through the placenta and cause the baby to be born small and underweight, which can lead to health problems.

Later in life, babies exposed to crystal meth may have difficulty with attention, memory and motor skills.



## Crystal Meth and Breastfeeding

Crystal meth passes into a mother's breastmilk.

If you are using crystal meth do NOT breastfeed.

The substances in crystal meth may have very harmful effects on a breastfed baby.

Crystal meth also affects the ability to care for your baby.

If you are planning to use, have someone else take care of your baby!

## Signs of Crystal Meth Overdose



### Feels like:

- fast heartbeat
- short of breath
- hot and sweaty
- chest pain
- nausea
- faintness

### Looks like:

- fast or no pulse
- fast or no breathing
- confusion, anxiety
- vomiting
- seizures
- unconsciousness



**If someone overdoses call 911 right away!**

**Roll the person on their side if they are unconscious.**







# Using Safer



If you are using crystal meth there are ways to be safer.

## Before you start:

- Use with someone you trust in case you become disoriented, paranoid and nervous
- Find a safe and quiet place where you don't have to hurry
- Using crystal meth can increase your sex drive - bring condoms and lube with you for safer sex
- Eat some food as you may not feel hungry when high
- Don't chase the high - using again after the first time won't give you the same high
- Don't mix crystal meth with other drugs (especially not uppers like crack or ecstasy)

## When smoking meth:



- Use your own mouthpiece or pipe
- Start with a small amount if you're not sure how strong it is
- Use a shatterproof pipe - don't use broken or cracked pipes
- Make sure the drug is in the right part of the pipe bowl
- Hold the pipe halfway down the stem to avoid burning your fingers
- When heating the bowl, keep your heat source moving until the smoke fills the pipe - this way the bowl won't crack
- Inhale slowly and exhale right away to help protect your lungs

## When injecting meth:

- Use a new clean needle every time (see below for places to find clean needles)
- Plump up the vein by using a warm compress and a tie above the elbow
- Pick a different injection site to reduce the risk of infection
- Start with the veins closest to the wrist and work your way up
- Avoid using your neck and groin for injecting as these are the most risky
- Insert the needle with the hole (bevel) pointing up

# Harm Reduction Supplies

Clean needles and other harm reduction supplies are available for free. Here are some places where you can access them:

Aboriginal Health and Wellness Centre.....	Suite 215-181 Higgins Ave.
ACT Program.....	765 Main Street
Broadway Pharmacy.....	618 Braodway Ave.
Klinik Community Health Centre.....	870 Portage Ave.
Mount Carmel Clinic.....	886 Main Street
Rainbow Resource Centre.....	170 Scott Street
Street Connections.....	496 Hargrave Street







# What can I do if I use?

It may be a struggle to not use crystal meth, but every little step you take helps you and your baby. Steps could be to:

- Talk to your health care provider about treatment for quitting
- Use less or use less often
- Find ways to use that keep you safer (page 3)
- Take care of your health

Taking care of yourself also helps take care of your baby.

Here are some things you can do:

- Attend your prenatal appointments
- Be active when you can, rest when you need
- Eat foods that you like that have lots of nutrients - vegetables and fruits, milk or milk alternatives, whole wheat grains, fish, meats and alternatives
- Drink lots of water
- Cut down or quit smoking cigarettes and drinking alcohol
- Reduce stress - talk with a friend, take a bath, go for a walk



## You Are Not Alone!



# Where To Find Help

**There are lots of places that offer support and treatment.**

**Speak with a worker about which one may be right for you.**

Addictions Foundation of Manitoba (AFM).....	204-944-6200
AFM Women's Centre and Family Program.....	204-944-6229
Aboriginal Health & Wellness.....	204-925-3700
Behavioural Health Foundation.....	204-269-3430
Insight Mentoring Program.....	204-925-3750
Klinik Crisis Line (24 hour).....	204-786-8686
Manitoba Addiction Treatment Centres.....	204-582-9050
Mothering Project, Mount Carmel Clinic, Intake Line.....	204-479-0203
Native Addictions Council of Manitoba.....	204-586-8395
River Point Centre.....	1-855-662-6605
Salvation Army- Anchorage Program.....	204-946-9401

