

## What else is Methamphetamine called?

- Meth
- Jib
- Crystal
- Crystal Meth
- Crank
- Speed
- Gofast
- Peanut Butter
- Ice
- Ice Glass
- Chalk
- Glass
- Shards

## What is meth?

Meth is an upper that is chemically related to amphetamine but has stronger effects on the central nervous system. It is often made in amateur “meth labs” by combining various lethal chemicals.

## What does meth look like?

Meth comes in tablets and capsules. It can also look like crystals (ice), chunks, or powder, which can be snorted or injected. Ice looks like shaved glass slivers or clear rock salt.

## Where Can A Person Get Help?

### Concurrent Disorder Program

Child & Youth Team  
2nd Floor, 990-22nd Street  
West Vancouver, BC V7V 4C2

Phone: 604-904-6270  
Fax: 604-904-6290  
Hours: 8:30 am – 4:30 pm  
Monday to Friday

Talk to the Prevention Worker in your school or give the number on the front of this pamphlet a call.

**Detox Services  
(D-Talks Access Central)**  
1-866-658-1221

**Vancouver Crisis Centre**  
604-872-3311

**West Coast Alternatives Society  
Addictions Counselling**  
604-984-0255

**MCFD Emergency Helpline**  
310-1234 (no area code needed)

**Poison Control**  
604-682-5050

In case of emergency, call 911

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# Methamphetamine and Crystal Meth



**Providence**  
HEALTH CARE  
How you want to be treated.

Concurrent Disorders Program  
Child & Youth Team  
West Community Health Centre  
2nd Floor, 990-22nd Street  
West Vancouver, BC V7V 4C2  
Tel: 604-904-6270

## How does a person take meth?

Methamphetamine can be taken orally, snorted, injected, or smoked. It can also be wrapped in rolling paper and swallowed (“time bomb”), or taken as a suppository (“hooping” meth).



## What are the short-term effects of meth use?

Short-term effects include increased heart rate, blood pressure, breathing rate, and talkativeness.

Other effects are insomnia, reduced appetite, confusion, hallucinations, fever, sweating, dry mouth, headache, blurred vision, dizziness, irritability, shivers, anxiety, paranoia, bruxism (teeth grinding), hyperthermia (rapid increase in body temperature), and convulsions.

Hyperthermia and convulsions can result in death. After the effects wear off, the “crash” includes deep depression, extreme fatigue, headaches, and decreased energy.

## What are the long-term effects of meth use?

Long-term effects of using meth include feeling of violence and aggression, malnutrition, fatal kidney and lung disorders, liver damage, brain damage, and depression.

Long-term meth use can produce symptoms resembling schizophrenia, including paranoia, hallucinations, repetitive behaviour patterns (i.e. constant picking of skin), and delusions of parasites or insects on the skin.

Meth is like a poison and will leach out through the skin as open, pus filled sores found on face and body. These sores can resemble severe acne.

## Does tolerance build to meth?

YES! People who use can develop tolerance quickly – they need a greater amount to get high. This increases the chance of overdosing and dying from the drug.

## Is meth addictive?

YES! Using meth carries a high chance of abuse and dependence. Cravings can become intense, and users may go to great lengths to obtain more of the drug.

## Are there withdrawal symptoms

YES! Withdrawal symptoms include extreme irritability, loss of energy, depression, shaking, fearfulness, excessive drowsiness, difficulty sleeping, nausea, hyperventilation, heart palpitations, sweating, and increased appetite.



Often times those addicted require the help of prescribed medications to get off the drug.