

Meth



What Is Meth?



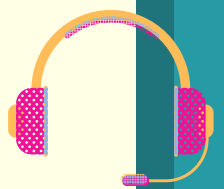
Methamphetamine (meth) is a white, odorless, bitter-tasting, crystalline powder. It can be made from ingredients used in batteries, drain cleaner, fertilizer, nail polish remover, and paint thinner. Using meth causes the brain to release dopamine, which gives a feeling of pleasure. However, once the drug is no longer in the user's system, this pleasurable sensation can be followed by unpleasant feelings of drug withdrawal. Methamphetamines are also known as meth, speed, crystal, crank, chalk, tine, tweak, ice, glass and uppers.

Signs of Meth use.



How can you tell someone you care about is using meth? It may not be easy to tell, but symptoms of meth use may include:

- Inability to sleep or unusual sleep patterns.
- Psychotic behaviors such as paranoia and hallucinations.
- Unusual mood swings or mood swings outside of normal behavior
- Nervous obsessive activities, such as scratching.
- Irritability, anxiety, or confusion.
- Extreme anorexia.
- Changes in physical appearance, including deteriorating skin and teeth.
- Presence of paraphernalia, such as syringes, burnt spoons, or surgical tubing.

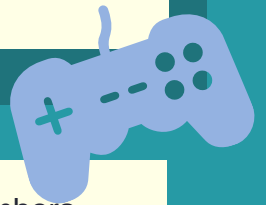


How can you Help



These tips are for caregivers, friends, and community members who are concerned someone they know may have a problem with meth and do not understand the risks or why they shouldn't use them. Take Action:

- Check in often to see how they are doing.
- Choose relaxed times to talk, such as in the car, during dinner, or while watching TV.
- Let them know you care and are always there for them.
- Be clear and consistent about your expectations regarding meth.
- Make an agreement to spend time together doing social and extracurricular activities.
- Help them create an "exit" plan in case they are offered or are faced with a difficult decision about meth.

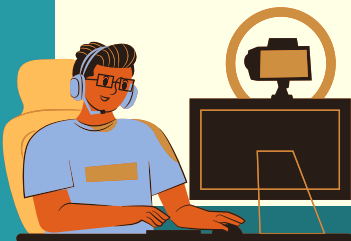


Western Montana Prevention Specialists

WMMHC Prevention Services teaches Montanan's skills for resisting social pressure, impact drug-related attitudes and norms, and promote personal responsibility. We offer substance use prevention programs for individuals or groups that can be in a family, school, or community setting. To learn more about prevention services in your area, contact a Prevention Specialist in your County.

Flathead County 406-751-8301
Lake County 406-565-8545
Lincoln County 406-334-8024
Mineral County 406-532-9770

Missoula County 406-532-9751
Sanders County 406-827-9067
Ravalli County 406-532-9101



www.wmmhc.org/prevention-services

Developed from information provided by the Substance Abuse and Mental Health Services Administration (SAMHSA); an agency within the Department of Health and Human Services (HHS). For references, please click on the QR code.

DISCLAIMER: This toolkit is intended only as a guide and is not a substitute for medical advice, diagnosis, treatment and/or emergency, clinical, or professional care. No toolkit can cover every scenario or be specific to any person.

