

Methamphetamine (Meth)



wmmhc.org/prevention-services

What is Meth?

Methamphetamine 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.² 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.² Methamphetamines is also known as meth, speed, crystal, crank, chalk, tine, tweak, ice, glass and uppers.²

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 methamphetamine use may include:²

- Inability to sleep or unusual sleep patterns.
- Psychotic behaviors such as paranoia and hallucinations.
- Mood swings or increased aggression.
- 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 you can 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:¹

- 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 methamphetamines.
- 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

Lake County

Lincoln County

Mineral County

406-751-8301

406-565-8545

406-334-8024

406-532-9770

Missoula County

Sanders County

Ravalli County

406-532-9751

406-827-9067

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