

Mixing ice or speed with other drugs

The effects of taking ice or speed with other drugs – including over-the-counter or prescribed medications – can be unpredictable and dangerous.

Ice + Speed or Ecstasy = enormous strain on the heart and other parts of the body, which can lead to stroke.

Ice or Speed + Alcohol, Yarni or Benzos = enormous strain on the body and more likely to overdose.

Giving up

If you want to give up ice or speed, but have been using it regularly for a long time, your body has to get used to working without it. This is why you may experience withdrawal symptoms, which should settle down after a week and will mostly disappear after a month.

Symptoms include:

- Cravings for ice or speed
- Increased appetite
- Confusion and irritability
- Aches and pains
- Exhaustion
- Restless sleep and nightmares
- Anxiety, depression and paranoia

If you, a family member, or a friend want 'Help and support' turn to the back page.

If you are pregnant or breastfeeding, taking drugs can affect your baby. Read more about this topic in the *Healthy Spirit, Healthy Community* booklet available at vaccho.org.au.

Possession, use and distribution of ice and speed is illegal within Australia.

Help and support

DirectLine

Tel: 1800 888 236
24 hours, 7 days a week
Confidential AOD counselling and referral line

Family Drug Help

Tel: 1300 660 068
24 hours, 7 days a week

Youth Support & Advocacy Service

Tel: 1800 014 446
24 hour toll free service
Service for people aged 12 – 21 years

Turning Point Alcohol & Drug Centre

Tel: 03 8413 8413

Victorian Aboriginal Legal Service

Freecall: 1800 064 865

Harm Reduction Victoria

Tel: 03 9329 1500

Australian Drug Foundation

www.druginfo.adf.org.au

Victorian Aboriginal Community Controlled Health Organisation

Tel: 03 9411 9411
www.vaccho.org.au

Read more about other drugs within your community in the *Healthy Spirit, Healthy Community* booklet, available at vaccho.org.au.



A guide to ice & speed within our community



Healthy Spirit, Healthy Community



australian
drug FOUNDATION



Ice & speed

Street names

Ice: Crystal meth, shabu, crystal, glass, shard, shardy party.

Speed: Goey, whiz, up, snow, go-go, Lou Reid, Louey.

How are they used?

Ice is generally smoked or injected and the effects can be felt immediately. It can also be swallowed or snorted – the effects take around 30 minutes to feel if it's used this way.

Speed is usually snorted and you can usually feel the effects within 30 minutes of taking it, or immediately if it's injected.

Effects of ice & speed

The effects of ice and speed can last around six hours, but it might be hard to sleep for a few days after using these drugs.

Drugs affect everyone differently, but you may experience:

- Happiness and confidence
- Talking more and feeling energetic
- Repeating simple things like itching and scratching
- Large pupils and dry mouth
- Fast heart beat and breathing
- Teeth grinding
- Reduced appetite
- Excessive sweating
- Increased sex drive

Because it can be hard to sleep for a few days after taking ice or speed they can also cause:

- Headaches
- Dizziness and blurred vision
- Paranoia, hallucinations and confusion
- Irritability and violence

If you have a lot (or get a strong batch), it could also cause:

- A racing heart beat
- Fits
- Passing out
- A stroke, heart attack and death

'Ice psychosis' is caused by high doses and frequent heavy use. It is characterised by paranoid delusions, hallucinations and bizarre, aggressive or violent behaviour. These symptoms usually disappear a few days after the person stops using ice.

Injecting ice or speed and sharing needles may also cause:

- Hepatitis B
- Hepatitis C
- HIV/AIDS
- Tetanus

If you snort ice or speed it can damage your nasal passage and cause nose bleeds.

In an emergency

Call triple zero (000) if someone looks like they've had ice or speed and are in trouble. Ambulance officers don't have to involve the police.

While you wait for help to arrive:

- Stay with the person and keep crowds back
- Make sure they have enough air and loosen tight clothing
- If they lie down, put them on their side in case they vomit

Coming down

In the following four to six days after using ice or speed, you may experience:

- Restless sleep and exhaustion
- Irritability, mood swings and depression

If you use a depressant drug such as alcohol, benzos or yandri to help with these 'come down' effects, you may become trapped in a vicious cycle where you are addicted to both types of drugs.

Long term effects

If you regularly use a lot of ice or speed, it may eventually cause:

- Reduced appetite and extreme weight loss
- Restless sleep
- Dry mouth and dental problems
- Regular colds or flu
- Trouble concentrating
- Breathlessness
- Muscle stiffness
- Anxiety, paranoia and violence
- Depression
- Heart and kidney problems
- Increased risk of stroke
- Needing to use more to get the same effect
- Relying on drugs to feel good
- No money for food and bills
- Letting down your family and community