

This resource provides a summary of ice, including info on what it is, how it affects your mind and body, what happens when you have too much, mixing with other drugs, ways that you can be safer, and where to get support if you need it.

Also known as: *shard, meth, crystal meth, shabu, crystal, glass.*

What is ice?

Ice is a stimulant drug, which means it speeds up how your brain talks to other parts of your body, giving you lots of energy. Ice usually looks like little crystals, or sometimes it comes in a powder. It is usually smoked or injected, but can also be snorted or swallowed.¹

How ice can make you feel (short-term):

Your mood before you use ice, the people you are with, and the surroundings you're in can impact your experience. You might feel:



happy

alert

confident

full of energy

angry

annoyed

paranoid

increased
sex drive.^{1,2}

You will feel something immediately when smoking or injecting ice.³

What ice can do to your body (short-term):



big pupils

dry mouth

teeth grinding

lots of sweating

fast heart rate

fast breathing

not hungry

itching or
scratching.^{1,2}

This also depends on your size/weight and health, if you're used to doing ice, if other drugs are used around the same time, how much you use, and the strength of the ice.

How long does ice last?

4-12 hours.

What happens when I use too much ice at once?

Using lots of ice can cause overdose and lead to death. You might experience:

- chest pain
- fast heartbeat
- trouble breathing
- bad headaches
- confusion
- shaking or tremors
- passing out.^{1,4}

If you or someone you know has a bad reaction after taking ice, call triple zero (000) immediately. Ambulance officers will not involve the police unless there is a threat to their safety.

What happens if I use a lot of ice for a long time?

Regular use of ice may lead to:

- dependence/addiction
- weight loss and not eating
- trouble sleeping and getting sick easily
- feeling anxious and sad a lot
- psychosis – this is when someone sees and hears things that aren't there and can sometimes get angry
- your Mob might get worried about you.^{5,6}



What happens when I stop using ice after a while?

Giving up ice after a long time can be hard because the body is not used to going without it. You might go into withdrawal and experience:

- feeling anxious, sad or paranoid
- trouble sleeping
- feeling extremely tired
- body aches and pains
- feeling confused or irritable.⁷

It's important to speak to a doctor or other support person if you want to stop using ice, you can also call one of the support numbers at the end of this page.

What happens when I mix ice with other drugs?



Ice + alcohol: can make you feel less drunk and lead to drinking more, which increases risk of alcohol poisoning.⁴



Ice + cocaine: can make you feel anxious and also put a lot of pressure on your heart, which can lead to stroke.⁴



Ice + GHB/heroin/benzos: ice speeds up your heart rate, while GHB/heroin/benzos all slow it down, masking the effects of each other. Depending on how much you take, you could overdose on either drug if one wears off before the other.⁴

How can I stay safer?

- Try not to use every day and plan a time to sleep and rest.
- Try and eat healthy meals and drink lots of water.
- If using a smoking device, boil in hot water to keep it clean.
- If injecting, always use new needles, don't share needles and always wash your hands.
- Try a little bit first up to test how strong it is and how you react before using more.
- Don't drive or operate machinery after using.⁴

Where to get support:

National Alcohol and Other Drug Hotline (24/7): 1800 250 015

You can speak with a counsellor over the phone, get information on drugs and links to support services. They speak to family and friends too.

13 Yarn (24/7): 13 92 76

If you need some crisis support, you can get free assistance from this Aboriginal and Torres Strait Islander crisis support line.

Brother to Brother (24/7): 1800 435 799

Free 24-hour crisis line to support Aboriginal men experiencing issues relating to relationships, family violence, drugs and alcohol.

Yarning Safe and Strong (24/7): 1800 959 563

A service for Aboriginal and Torres Strait Islander peoples. You can get free counselling over the phone. They can also support friends and families who need to have a yarn with someone about their wellbeing.

Victorian Aboriginal Health Service (VAHS): 03 9419 3000

Provides a wide range of in-person health services for Aboriginal and Torres Strait Islander peoples in Victoria. You can find similar services in different locations across Australia using HealthInfoNet's resource: [Map of Aboriginal and Torres Strait Islander health/medical services.](#)

References

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