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**What you need  
to know about  
Crystal Meth.**



Crystal Meth is a synthetic (man made) drug, that is closely chemically related to amphetamine (speed) but has an even greater effect on the central nervous system. It is also known as 'Crank', 'Tina' or 'Ice'. Regular use can lead to dependency / addiction with serious withdrawal symptoms that include depression, anxiety and intense cravings. Using Crystal can cause severe psychoses where you lose touch with reality and come to believe things that are not true. Symptoms resemble those of paranoid schizophrenia.

### Stay Safe

- **Set your limit:** take two hits of crystal out with you and don't take any more.
- **Keep hydrated:** Crystal Meth dries the body increasing the chances of catching or transmitting STI's like hepatitis, syphilis and HIV.
- **Vitamins:** Dose up before and after using crystal with soluble multivitamins.
- **Protect your nose:** Use nasal balm to avoid inflammation, infection and damage to nasal lining.
- **Don't inject:** This could lead to cardiac arrest. If you do inject, get clean, free equipment from your local Needle Exchange and don't share equipment.
- **Eating:** Eat light, healthy, high carb / protein foods or shakes.

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**Brighton & Hove**  
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