

What Support Can You Get?

If you want to speak to someone about your crystal meth use, or the use of someone you care about, then call us on 0800 014 9819.

The Pavilions helpline is a freephone number and is available for information and advice 24 hours a day.

You can also call directly on 01273 731 900 to book an appointment, or organise a referral.

If you would prefer to come in and talk to us in person, then you can pop into our drop-in sessions on Mon - Fri, 10am - 4pm for a coffee and an informal chat. You don't need an appointment, you can just turn up to 26 Ditchling Road or 9 The Drive. In addition there is a women-only drop in at 11 Richmond Place on Tuesdays and Thursdays 10am - 2.45pm.



We also have a dedicated LGBT worker at the service. If you would prefer to contact them directly please ring 07884 476 634.

Information, advice and other tools are available to download from our website.

Freephone 0800 014 9819

www.pavilions.org.uk

 **@Pavilions_org**



Service Commissioned
by Brighton & Hove City
Council

Ever asked yourself if you have a problem with Crystal Meth?



Maybe it's time to call Pavilions on 0800 014 9819?

Worried about Crystal Meth?

What is 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'.

Methamphetamine was first discovered / produced in 1887. It was used by Japan, Britain, Germany and the US during WWII to keep soldiers awake, alert and focussed. It was used for medicinal purposes in the UK until the late 1960's. The sale of methamphetamines was banned in the UK in 1968. In the USA the drug is available on prescription for the treatment of Attention Deficit Hyperactivity Disorder and narcolepsy.

Legal Stuff

Crystal Meth is a Class A drug under the Misuse of Drugs Act. It is illegal to possess, give away or sell. Possession can get you up to seven years in jail and / or an unlimited fine. Supplying someone else, even your friends, can get you up to life imprisonment and / or an unlimited fine. Allowing other people to use it in your property is also illegal.

Driving whilst under the influence of Crystal Meth is illegal (and you can still be unfit to drive the day after using). You can get a heavy fine, be disqualified from driving or go to prison.

Why do people take Crystal Meth?

People take Crystal Meth because immediately after smoking or injecting, the user experiences an intense rush similar to that produced by crack cocaine but longer lasting. Even small amounts of meth can produce euphoria, arousal, wakefulness, increased physical activity, decreased appetite and increased respiration. It is highly addictive and can cause a lot of very serious physical & mental health problems (see across).

How do People take Crystal Meth?

Depending on what form it comes in, Crystal Meth can be swallowed, snorted or injected; and unlike amphetamine, it can also be smoked.

It produces a very intense 'high' similar to that produced by crack cocaine but much longer lasting and there can be a period of between 4 and 12 hours when you're not really in control.

The Many Dangers of Crystal Meth

Taking meth involves serious risks & side effects such as:

- Regular use can lead to dependency / addiction with serious withdrawal symptoms that include depression, anxiety and intense cravings.
- Nausea, panic attacks, compulsive repetitive behaviour and jaw clenching.
- Severe psychoses where you lose touch with reality and come to believe things that are not true. Symptoms resemble those of paranoid schizophrenia.
- Psychosis can result in homicidal or suicidal thoughts and violent & aggressive behaviour.
- Long-term use can damage the brain, although this can get better if the user stays off the drug for a long time.
- Overdoses can cause strokes, lung, kidney and gastrointestinal damage, coma and death.
- Inhibitions are lowered and libido increases leading to risk taking and unsafe sex, resulting in STIs or unplanned pregnancies.
- Heavy, regular users can suffer tooth loss and decay, known as 'meth mouth'.

- Injectors are at risk of infection from HIV, Hepatitis C and Hepatitis B if they share needles and injecting equipment.
- Mixing Crystal Meth with alcohol is a bad idea as the stimulant effects of meth and the depressant effects of alcohol interact unpredictably, which can increase the risk of harm or death.
- Using can increase your heart rate and blood pressure, raising the risk of heart attack.
- Sores on the body caused by 'Meth Bugs' or 'Meth Mites'. This occurs when the user hallucinates that bugs are crawling on or under the skin, which they scratch and pick at to get rid of. They may even use scissors, sticks, knives and blades to get 'rid' of them.

Harm Reduction Advice

Crystal Meth is a really nasty drug, but if you insist on using it, here are some bits of advice to keep you safer:

- **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.