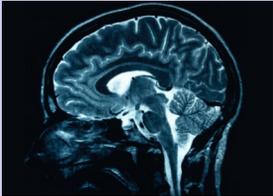


Did you know?

Meth changes the way the brain works.

- Meth actually damages the part of the brain that helps us feel pleasure.
- When used in high doses or over a long period of time, the brain may not be able to recover.



What to Expect when cutting back or quitting:

- Your doctor or Behavioral Health Specialist can help you set up a plan.
- Change takes time.
- You will need support.
- You may have some withdrawal symptoms.
- Contact your doctor if you are having any medical concerns.

Where can I go to learn more?

- www.drugabuse.org
- www.nida.nih.gov

Something to try:

1. _____

2. _____

Community Resources:

1. _____

2. _____

Behavioral Health Specialist:

Phone number:

IndianaSBIRT

**WE ASK
EVERYONE.**



Methamphetamine

IPRC Indiana Prevention
Resource Center

Methamphetamine

“Meth” is a powerful stimulant that affects every part of the body.



At first, a person using meth may feel extra energy. The energy-filled high can stop a person from sleeping for several days.

Lack of sleep can cause:

- Paranoia
- Hallucinations
- Irritability
- Anxiety

Meth causes the heart to race and the blood vessels to tighten.

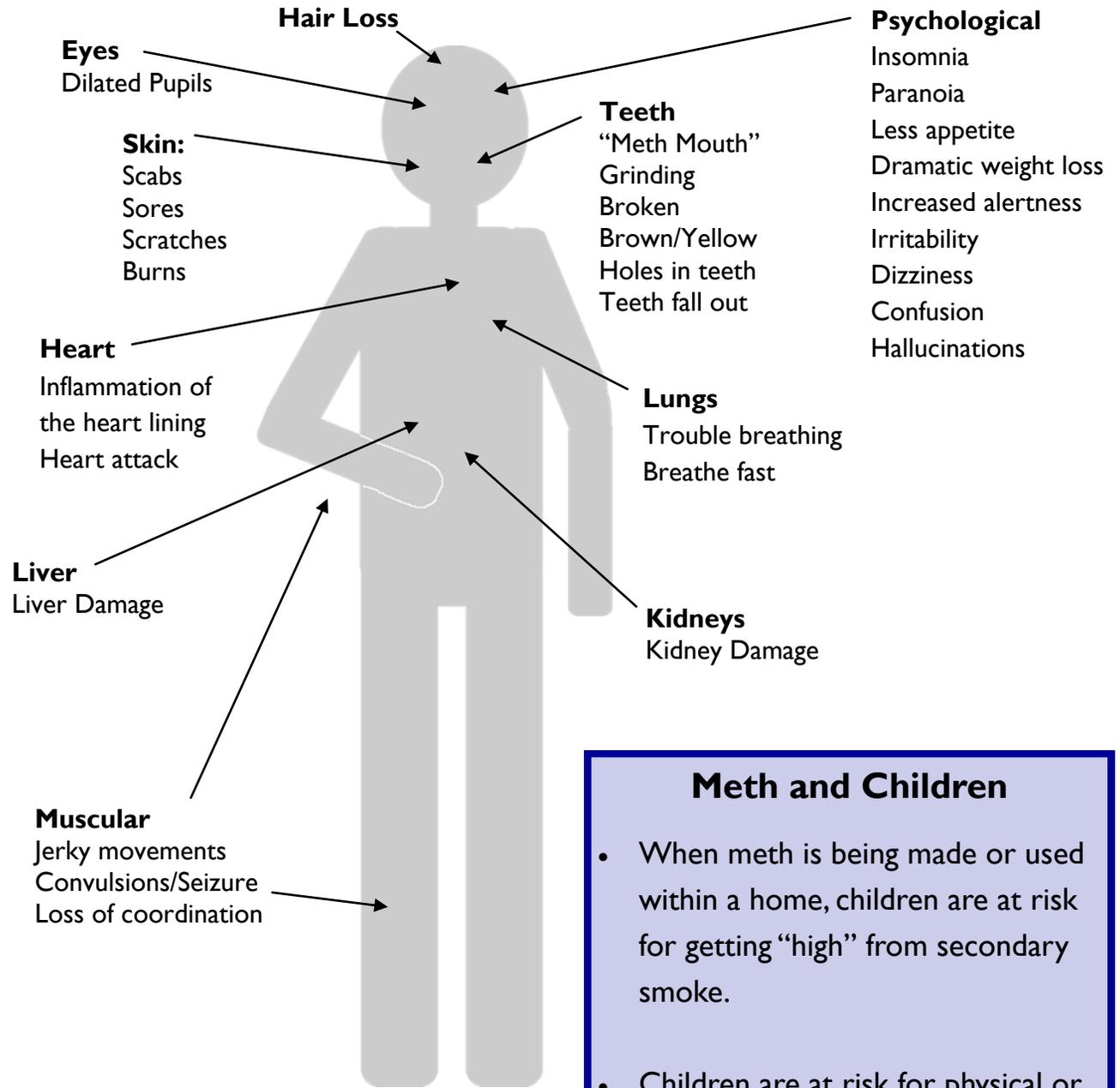
Serious health risks are:

- Heart attack
- Stroke
- Overdose/Death

Other Risks:

- **HIV and Hepatitis B and C:** Needle sharing is common and can spread these diseases.
- **Sexual Assault:** Adults and children are both at risk when around people using meth.
- **Skin Burns:** Getting a burn is common when around meth “cooking.” Anyone in the location or near by is at risk for a chemical explosion.

Effects of Methamphetamine



Meth and Children

- When meth is being made or used within a home, children are at risk for getting “high” from secondary smoke.
- Children are at risk for physical or sexual abuse or neglect when around known meth users.