

METHAMPHETAMINE



Methamphetamine is a manufactured chemical, commonly formed in crystalized structures called meth crystals. It's a known stimulant which speeds up body functions, an unpredictable, euphoric, highly addictive substance.

While the accessibility of Meth in New Zealand varies it continues to pose risk to the user, altering brain development and function.

Depending on dosage and the user's physiology, the symptoms possibly driving one to use meth would be seeking feelings of euphoria, energetic spike's, increased alertness and focus as well as a heightened sex drive and confidence.

However it is essential to educate on the associated unpleasant effects as well, these can include:

- ➔ A racing heart
- ➔ Intense hot and sweaty flush's
- ➔ Mood swings
- ➔ Agitation
- ➔ Hallucinations
- ➔ Paranoia
- ➔ Aggression
- ➔ At a high dosage, even seizure's (uncontrolled excessive brain activity) and stroke (brain bleed).

The comedown effects also may last 1-4 days which is a long time to be functioning sub optimally, especially in the workforce, at home or other dependable settings.

The misuse of meth long term can lead to personality changes given the effects it has on brain chemistry, some other impairments to expect:

- ➔ Impaired impulse control
- ➔ Suboptimal memory abilities
- ➔ Unsustainable concentration
- ➔ Sleeplessness/Insomnia
- ➔ Heightened emotions on an everyday basis (commonly seen are anger and rage).

It is important to note most of these symptoms and effects **can fade when one stops meth use**, however others can be **permanent**. Hence a great deal of thought needs to go into making the decision to use meth regularly or even as a one off time.

Seek professional help if you or someone you know is:



- Spending more time and money on meth use than desired
- Uncontrollable thoughts and urge's to use meth
- There is concern around meth use (yourself or peers)
- Difficulty in stopping meth use
- Experiencing withdrawal symptoms
- Using meth to avoid a come down
- Suicidal thoughts