

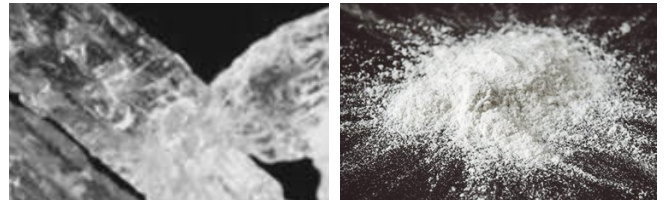
GENERAL FACTS ON METHAMPHETAMINE

Methamphetamine is a stimulant that people take to get high and to get a rush of energy. This makes it a popular substance to take. Crystal methamphetamine is a form of the drug that looks like glass fragments or shiny, bluish white rocks. Methamphetamine is usually found as a white, bitter-tasting powder or pill and is often produced to look like a prescription amphetamine medication (Adderall). Unknowingly taking methamphetamine in the form of a look-alike prescription stimulant could have serious physical and mental health consequences. It is important to only take prescription medications from the original pill bottle. Methamphetamine can be swallowed, snorted, inhaled, smoked, or injected into a vein (increasing effect and potential for addiction).

Methamphetamine increases the amount of natural chemical dopamine in the brain that is involved in body movement, motivation, pleasure and reward. The drug's ability to rapidly release high levels of dopamine in the reward areas of the brain produces the "rush" (euphoria) or "flash" that many people experience. This rapid release can have serious physical and mental health consequences.

OTHER NAMES OF METHAMPHETAMINE ARE:

speed • uppers • meth • crystal meth
chalk • ice • glass
Christmas tree • crank



METHAMPHETAMINE CRYSTAL AND POWDER



**METHAMPHETAMINE PILLS
MADE TO LOOK LIKE ADDERALL**

Photo courtesy: Drug Enforcement Agency

EFFECTS OF USING METHAMPHETAMINE

The effects of methamphetamine can last for many hours. It may take up to four days for the drug to completely leave the body.¹

Short-Term Effects:²

- Increased wakefulness and physical activity
- Decreased appetite
- Faster breathing
- Rapid and/or irregular heartbeat
- Increased blood pressure
- Increased body temperature
- anxiety or paranoia

Long-Term Effects:²

- Addiction
- Psychosis, including: paranoia, hallucinations, repetitive motor activity
- Changes in brain structure and function
- Deficits in thinking and motor skills
- Increased distractibility
- Memory loss
- Mood disturbances
- Severe dental problems
- Weight loss
- Increased incidents of infections such as HIV and Hepatitis
- Intense itching, leading to skin sores from scratching

METHAMPHETAMINE OVERDOSE

Methamphetamine overdose is on the rise in the United States.¹ Methamphetamine overdose can result in a stroke, heart attack, or organ problems. People often use methamphetamine with other substances. Combining substances can alter the effects of methamphetamine on the body and how someone may feel. Because of the way it is made, each batch is different in potency or contents and can be laced with other harmful substances like fentanyl increasing the risk of overdose.¹

METHAMPHETAMINE WITHDRAWAL

Methamphetamine is addictive. When people stop taking it, withdrawal symptoms can include anxiety, fatigue, severe depression, psychosis, and intense drug cravings.

TREATMENT AND RECOVERY

Though most people overcome substance use disorders without accessing formal treatment, some people may seek counseling or therapy for help. There are several forms of psychosocial and behavioral treatment that have proven to be helpful for people with methamphetamine use disorder. In addition, there are promising medications that have been studied for methamphetamine use disorder, however, they have not yet been approved by the Food and Drug Administration for this purpose.²



RESOURCES AND SUPPORT

The Partnership @drugfreeNH

drugfreenh.org: A safe place to gather and learn about local strategies and activities to prevent substance misuse.

2-1-1 NH

211NH.org: A comprehensive source of information about local resources and services to help you take care of yourself.

The Doorway

thedorway.nh.gov or call 2-1-1 (or 1-866-444-4211): A statewide service that supports any NH resident, of any age, with a substance or alcohol concern or issue.

NH Alcohol and Drug Treatment Locator

nhtreatment.org: A searchable database with treatment agencies and individual practitioners offering substance use disorder services.

- 1 Drug Policy Alliance. 10 Facts About Methamphetamine. March 2021. https://drugpolicy.org/sites/default/files/dpa-methamphetamine-facts.pdf?_ga=2.253605193.1990568600.1618601169-981527969.1618601169
- 2 NIDA. 2019, May 16. Methamphetamine DrugFacts. Retrieved from