

PREVENT METH USE! KNOW THE SIGNS!



INABILITY TO SLEEP OR UNUSUAL SLEEP
PATTERNS
PSYCHOTIC BEHAVIORS SUCH AS
PARANOIA AND HALLUCINATIONS
NERVOUS OBSESSIVE ACTIVITIES, SUCH AS
SCRATCHING
IRRITABILITY, ANXIETY, OR CONFUSION
EXTREME ANOREXIA
CHANGES IN PHYSICAL APPEARANCE
(DETERIORATING SKIN AND TEETH)



METHAMPHETAMINE & PSYCHOSTIMULANTS



AFFECTS ON THE BRAIN

Changes the brain for control reward, stress, decision-making, & impulse control.

It is difficult to stop using even when it is having negative effects.



AFFECTS ON THE BODY

Increases heart rate, blood pressure, and risk of stroke.

Extreme use causes severe dental problems, extreme weight loss, & skin sores.



AFFECTS ON SELF CONTROL

Meth is addictive and can cause aggression, violent behavior, and psychosis (loss of contact with reality)



VISIT JTNN.ORG FOR MORE INFORMATION



DID YOU KNOW?

Methamphetamine is the highest cause of death in Washoe County!

According to SAMHSA, about 2 million people aged 12 years or older use meth in any given year & 500 people try meth for the first time everyday.

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