

# WHAT YOU NEED TO KNOW ABOUT METHAMPHETAMINE & PSYCHOSTIMULANTS



METH, SPEED, CRYSTAL, CRANK, CHALK, TINA, TWEAK, GO-FAST, ICE, GLASS UPPERS

## 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.

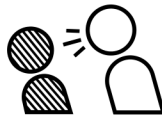


## AFFECTS ON THE BODY

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 & can cause aggression, violent behavior, and psychosis (loss of contact with reality).



## WHAT DOES METH LOOK LIKE?

Methamphetamine is a white, odorless, bitter-tasting crystalline powder that dissolves easily in water or alcohol.

Crystal meth resembles glass fragments or shiny blue-white "rocks" of various sizes.

It can be made from ingredients that are used in products such as: batteries, drain cleaner, fertilizer, nail polish remover, and paint thinner.

## KNOW THE SIGNS OF METH USE



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

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Tips for Teens: Methamphetamine. (2018) <https://store.samhsa.gov/sites/default/files/d7/priv/pep18-03.pdf>

## REFERENCES

Find a Treatment Facility: <http://findtreatment.gov>  
 National Treatment Hotline: 1-800-662-4357  
 Crisis Support Services: Call 988 or Text "care" to 839863  
 Reno ASAP Alcohol and Drug Services: 620-665-6446  
 Join Together Northern Nevada: 775-324-7557  
 Reno Behavioral Health: 775-393-2200  
 Northern Nevada HOPES: 775-786-4673  
 The Life Change Center: 775-355-7734  
 Washoe County Human Services: 775-785-8600  
 Quest Counseling & Consulting: 775-786-6880  
 Vitality: 775-322-3668  
 Willow Springs: 1-800-448-9454

## LIST OF RESOURCES