

## KEEPING SAFE

### THE BEST WAY TO KEEP SAFE IS NOT TO USE AMPHETAMINES AT ALL.

Three major problems that come with using amphetamines are **overdose, getting an infectious disease like hepatitis C and amphetamine psychosis.**

#### Ways to reduce the risk of overdose include:

- Trying a small amount first because it might be stronger than you think
- Never mixing amphetamines with other drugs like alcohol, benzodiazepines or heroin
- Always making sure that someone else is around when you use
- Knowing what to do when someone overdoses

#### You can tell if a person is overdosing if they:

- Get headaches and chest pains
- Breathe very fast and are hot and sweaty
- Get panicky and shaky
- Get agitated, anxious and paranoid

#### If you think a person has overdosed:

- Stay calm and try to calm them down
- Dial triple zero (000) and ask for an ambulance, or
- Get them to a doctor straight away

#### Ways to reduce the risk of getting an infectious disease include:

- Using a new needle and syringe every time you use
- Never sharing any injecting equipment (tourniquets, spoons, mixes, filters, swabs)
- Always washing your hands before and after injecting
- Find out about safer ways to use

**Amphetamine psychosis** can happen to people who are using heavily and regularly.

They may:

- See and hear things that aren't there
- Be very paranoid (suspicious)
- Think that 'weird things' are happening to them
- Get angry and aggressive very quickly

They may not see that using amphetamines is causing these problems. They may think they are going mad.

People with amphetamine psychosis need help from a mental health professional, as well as help with their drug use.

#### HELP FOR AMPHETAMINE USERS

If a person is concerned about their amphetamine use, then they need to be encouraged to get help from their local Aboriginal Health Worker, doctor or drug and alcohol service.

Families and friends who are worried about someone who is using amphetamines can also get support and information from these places.



**ABORIGINAL  
DRUG AND ALCOHOL  
COUNCIL (SA) INC.**



**INDIGENOUS  
SUBSTANCE MISUSE  
HEALTH PROMOTION UNIT.**

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# AMPHETAMINES

## Effects on the body



USE THE BODY PICTURE TO IDENTIFY THE EFFECTS (SHORT TERM AND LONG TERM) THAT THIS DRUG IS HAVING ON YOUR

BODY

