What is ice?
Methamphetamines and crystalline methamphetamine, known as “Ice” in its purest and most potent form, are stimulants that speed up the function of the brain and the nervous system. Smoking and injection are the primary modes of admission.

NSW Government Ice package
The NSW Government made an election commitment for an $11 million package that included $7 million to expand stimulant treatment services across NSW and $4 million to boost the capacity of NGO treatment services.

New stimulant treatment services are being established in Western Sydney, Illawarra/Shoalhaven as well as Northern NSW and Mid North Coast. Treatment services are being expanded at existing clinics in Newcastle and at St Vincent’s Hospital. Services will target high risk communities including youth, pregnant women, Aboriginal people and those from culturally and linguistically diverse backgrounds.

Rural and regional NSW will benefit from a $4 million funding enhancement for non-government organisations to improve access to local treatment services for people wishing to seek help for their methamphetamine use.

Warning signs
Warning signs that methamphetamine use may be getting out of control include chronic sleep deprivation, anxiety and depression, weight loss, poor appetite, increased susceptibility to infection/illness, dry mouth, jaw clenching and teeth grinding. Chronic users may experience more severe effects including psychotic episodes, reduced cognitive function, relationship break down, criminal behaviour and a significant reduction in general health.

For more information on the effects of crystalline methamphetamine go to www.yourroom.com.au

Getting help
Anyone concerned about their crystalline methamphetamine “Ice” use should seek help. Early intervention greatly improves health outcomes and reduces harm. For advice talk to your GP or contact the Alcohol and Drug Information Services (ADIS) for information and support on (02) 9361 8000 (metro) or 1800 422 599 (rural and regional). Information is also available online at www.yourroom.com.au

Family members and friends who want to seek support or advice should contact Family Drug Support on 1300 368 186.

A specialist stimulant treatment line is available for advice, support and referral on 1800 101 188.