



“I’ve got
my children back.”

It’s taken time,
but...I’ve done it.”

Recovery from ice is possible.

Help is available.

Recovery from ice is possible


Ice users can and do recover, but it may take them a few attempts to quit. Encourage them to stick with it, recovery may be long and challenging but worth it. There are services to assist with recovering from ice that include detoxification, residential rehabilitation and out-patient counselling.

Help is available

A good first step is to seek help from professionals about treatment options. Help is anonymous and confidential, so reach out to professionals and discuss your circumstances.

For more information about what help is available for you, a family member, a friend, or loved one, speak to your GP or visit qld.gov.au/icehelp

YOU CAN RECOVER FROM ICE



“Face everything
and recover.”

Even if I’m having a rough day,
just the thought that I escaped ice
and I’m free of that is amazing.”

qld.gov.au/icehelp



ICE HELP
qld.gov.au/icehelp

Anonymous, confidential and 24/7

What is ice?

Ice is a form of methamphetamine and is also known as:

- crystal methamphetamine
- crystal meth
- shabu
- d-meth
- tina
- glass
- or shard.



It looks like crystals or a coarse crystal-like powder and can be colourless to white, but can also be seen in other colours.

Ice is the purest form of methamphetamine available and can be swallowed, snorted, smoked with a glass pipe or injected. Smoking and injecting are the most dangerous ways to use ice.

Ice is a stimulant drug, speeding up the signals travelling between the brain and the body, resulting in increased alertness and physical activity, making it more potent and more likely to cause addiction than other types of methamphetamine. Ice can also cause extreme 'highs' and 'lows'.

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What are the effects of ice?

- If smoked or injected the effects come on rapidly.
- Snorting or swallowing produces a less intense high that can take up to 30 minutes.
- Initial effects of ice often last between 4 to 12 hours depending on how much is consumed.
- The high from ice is most intense for the first 1-2 hours and takes around 6 hours to wear off.
- The effects of ice can be physical and mental.
- Ice use may result in panic attacks, mood swings, anxiety, agitation, psychosis and insomnia.
- Ice takes 2-3 days to leave the body entirely.

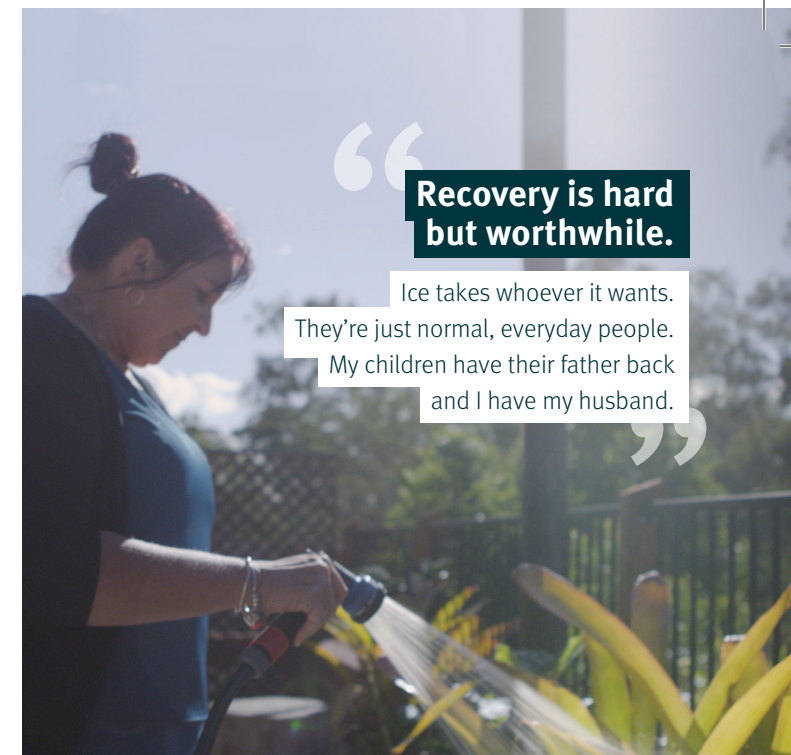
Ice affects everyone differently and can have both short and long-term consequences. Ice triggers the 'feel-good' response in the brain releasing dopamine, sometimes 1,000 times higher than normal levels, to other nerve cells in the brain.

Noradrenaline, which is responsible for the 'fight or flight' response is also released, and serotonin levels are affected. This impacts impulse control, appetite, mood and sleep patterns.

Ice use can lead to malnutrition, raised glucose levels, diminished kidney and liver function, and decreased saliva in the mouth resulting in clenching, grinding and broken teeth.

Long-term use may lead to heart and kidney problems, increased risk of stroke and seizures, muscle stiffness, anxiety, depression or violence.

Ice not only damages the brain and body; it can have lasting and damaging effects on relationships with friends and family.



Recovery is hard but worthwhile.

Ice takes whoever it wants.
They're just normal, everyday people.
My children have their father back
and I have my husband.

The comedown and withdrawals

A 'comedown' is often experienced when the effects of the drug wear off. Symptoms can last for a number of days and can include feeling down or depressed, exhausted and anxious.

Withdrawal symptoms can be experienced by people who are dependent on ice when they stop using the drug. Their body and brain must adjust to functioning without it, and they may experience physical and psychological symptoms which can last several weeks.

Withdrawal symptoms may include:

- headaches, vomiting, aches and pains,
- irritability, tiredness and exhaustion,
- interrupted sleep and nightmares,
- an increase in appetite,
- aggression, depression, paranoia & anxiety.