

METH 101

Presented by
San Diego County Meth Strike Force

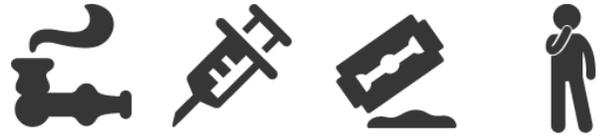
Meth can be **smoked, injected, snorted, and taken orally.**

What is Meth?

Methamphetamine, also known as "speed," "crank," "crystal," or "ice" is a highly addictive, powerful central nervous system stimulant. The color and texture of meth can vary; it is usually white or slightly yellow in a crystal-like powder or rock-like chunks.

Meth use results in increased heart rate and blood pressure, elevated temperature, and wakefulness.

These effects can last 8 to 24 hours.



483

meth-related deaths
occurred in
San Diego County during 2018

Adults **55 to 64 years old** have the highest meth-caused death rate in San Diego County.



Harms of Use



Tolerance develops rapidly, often leading to addiction in a relatively short time.

Meth use can cause heart palpitations, nausea, damage to blood vessels in the brain, shortness of breath, mental confusion, malnutrition, anorexia, severe anxiety, and depression.

Continued use can lead to permanent damage to the brain, heart and death.

Common Signs of Use

The signs and symptoms of a meth addiction are both physical and psychological:



Sleep disturbances



Mood swings,
explosive
outbursts



Relationship problems,
sudden change in
friends, & reduced
interaction with family



Unexplained need
for money in order to
purchase drugs



Changes in eating
patterns

Drug Overdose

An **overdose** occurs when a toxic dose is consumed. This can happen easily because meth is made illicitly from a variety of toxic chemicals and can be deadly.

Common symptoms of a meth overdose:



- Chest pain
- Arrhythmias
- Hypertension or hypotension
- Difficult or labored breathing
- Agitation
- Hallucinations
- Psychosis
- Seizures
- Rapid or slow heartbeat
- Hyperthermia



A meth overdose can occur suddenly, often without symptoms. If you think someone is suffering from a meth overdose, it is critically important that they get help right away. Call 911 as soon as signs of an overdose are evident, and then take steps to keep the person safe until emergency care arrives.

SAN DIEGO COUNTY

MSF Meth Strike Force

PREVENT • TREAT • ENFORCE

Tips on how you can help someone using meth:

- ✓ **Get your facts**
- ✓ **Maintain open and honest communication**
- ✓ **Negotiate and set guidelines**
- ✓ **Support and encourage positive behavior**
- ✓ **Don't forget to look after yourself**

View our full report card online

www.no2meth.org/

Resources



Local

Access and Crisis Line: 888-724-7240

2-1-1 SD or (858) 300-1211

<https://www.no2meth.org/> or 1-877-NO-2-METH

National

SMART Recovery: <https://www.smartrecovery.org/>

Alcoholics Anonymous: https://www.aa.org/pages/en_US

Narcotics Anonymous: <https://www.na.org/>

Crystal Meth Anonymous: <https://www.crystallmeth.org/>

Al-Anon: <https://al-anon.org/>

Suicide Prevention Lifeline: 1-800-273-8255

SAMHSA's National Helpline: 1-800-662-4357