

POSSIBLE SYMPTOMS OF AN OVERDOSE

- Chest pains
- Extreme delusional or aggressive behaviour
- Convulsions
- Coma
- Seizures
- High fever
- Spots in fields of vision
- Arrhythmia of the heart
- Loss of muscle control
- Sudden increase in blood pressure
- Severe stomach pains

IS SOMEONE
YOU CARE
ABOUT ON **ICE**?

1800 NO TO ICE
1800 66 86 423

— NEED SUPPORT?

1800 NO TO ICE
1800 66 86 423

FAMILY SUPPORT
0481 844 555

EMERGENCY SERVICE
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LIFELINE
13 11 14

SUICIDE CALL BACK
1300 659 467



AAIC Australian
Anti Ice
Campaign
Putting the Freeze on Ice

WHAT YOU NEED TO KNOW ABOUT **ICE**

ICE is a highly addictive drug that comes from the Amphetamine family of illegal drugs. It is known by many names on the street and comes in various strengths and purity.

Because the making of **ICE** is unregulated, it is impossible to know exactly what is in it, but it is usually a combination of highly toxic and flammable substances.

ICE triggers the release of dopamine (known as the feel-good response in the brain) up to 1000 times above normal level. It also affects the levels of noradrenaline and serotonin, which regulates a person's fight or flight response, sleep, moods, appetite, and impulse control.

ICE can make people extremely violent and when coming off the drug the body is unable to restore dopamine levels.

WHAT DOES ICE LOOK LIKE AND HOW IS IT TAKEN?

ICE looks like crystal that can range from large rocks / shards to a fine powder.

It can come in an array of colours but more commonly resembles clear or dirty ice or salt.

ICE is usually smoked or injected but it can be ingested, snorted through the nose, or inserted anally.

OTHER NAMES FOR ICE

Coconutice
Crack
Batu Shards
Yaba
Rock Crystal
Tweak Tina
SeaShells
Crank Fire Glass
TikChalk
Meth Clear
StrawberryQuick

HOW CAN I RECOGNISE IF SOMEONE IS ON ICE?

- Change in activities and friends
- Increased energy / alertness, obsessive / compulsive behaviour
- Hard to contact, unreliable and often late
- Changes in appearance, skin tone, excessive sweating
- Picking at skin causing sores
- Dramatic weight loss due to reduced appetite
- Awake for prolonged periods, followed by excessive sleeping with extreme hunger
- Confusion or restlessness
- Constantly losing or damaging things
- Sudden interest in gambling
- Promiscuous behaviour
- Aggressive and agitated, temper outbursts, secretive
- Loss of employment, skipping work or school
- Money issues, selling goods, asking for money, stealing
- Engaging in risky behaviour
- Sugar cravings
- Posting on social media all hours of the night

WE CAN HELP

1800 NO TO ICE
1800 66 86 423

PHYSICAL SYMPTOMS

SHORT TERM

- Increased heart / breath rate
- Hypertension
- Trembling hands and fingers
- Constricted blood vessels
- Psychosis
- Irregular body temperature, excessive sweating / overheating
- Hallucinations, paranoia, panic attacks
- Out of control aggression
- Difficulty sleeping
- Skin lesions, highly dehydrated
- Problems with teeth and gums
- Blurred vision
- Chesty cough, chest infections
- Loss of appetite
- Dizziness
- Bad headaches

LONG TERM

- Aged appearance
- Heart problems
- Dental problems
- Greater risk of stroke
- Exposure to blood-born viruses
- Cognitive impairment
- Decreased lung function
- Depression or anxiety
- Psychosis or paranoia
- Increased risk of kidney problems