**Did you know**

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| **Did you know 1** | **Early sign of use can be similar to normal teenage behaviour.** |
| Proof | It is often hard to recognise that someone is using methamphetamine and experiencing harms, so it is important to know the common signs and changes to look for:   * Relationship problems * Changes to eating patterns leading to poor nutrition * Sleep disturbances * Mood swings * Explosive outbursts * Trouble with the police * Reduced interaction with family * Sudden change of friends * Unexplained need for money * Declining school/work performance   However it is important not to jump to conclusions. Clarify and listen before reacting. Drug use problems can be very complex and often vary from person to person. |
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| **Did you know 2** | **Emerging evidence indicates that amphetamine use including meth use, can cause brain injury.** |
| Proof | There is emerging evidence that amphetamine-use can cause brain injury. A pilot study conducted at Royal Perth Hospital (RPH) found that 1 in 5 people who agreed to have an MRI after presenting to the Emergency Department for an amphetamine-related reason had a brain lesion. This is a scar on the brain that is usually found in older people.  Although the study recruited cases based on amphetamine-related presentations, all those involved in the study had also used a variety of other drugs therefore this study cannot conclude the lesions were amphetamine-related. However, there are similar studies that have found similar outcomes and there is evidence emerging to suggest that stimulant drugs cause problems for the brain, especially with memory, judgment, thinking and mood being affected. The findings from this study support the possibility of amphetamine use being a risk for cognitive decline. |
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| **Did you know 3** | **Methamphetamine use can cause a range of mental  health problems.** |
| Proof | Methamphetamine use can cause anxiety, depression, paranoia and psychosis in those people who have a vulnerability to mental health problems.  People who already experience depression may find that using methamphetamines makes their depression worse in the long term, as it depletes serotonin, the feel good chemical in the brain. Depression is most often felt when the person is not using the drug, which makes them want to go back for more. |
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| Did you know 4 | **Parents and family seeking help leads to better outcomes** |
| Proof | When parents and families are informed and supported, and families are involved in treatment, evidence suggest that there are better outcomes for the drug user entering and staying in treatment. |