**Key Media Messages**

**Key message 1**

Calls to the Meth Helpline are confidential and anonymous. When you call you will be given the option to speak to a professionally qualified and experienced drug counsellor or a parent volunteer with a lived experience of a child with drug use issues.

**Key message 2**

It is often hard to recognise that someone is using methamphetamine and experiencing problems. Common signs of use or changes in behaviour include sleep disturbance, changes to eating patterns, mood swings and explosive outbursts, a sudden change of friends and unexplained need for money. Speaking to a counsellor at the Meth Helpline can help you plan how to address the problem with someone you care about.

**Key message 3**

Most people don’t use amphetamine-type stimulants. Currently, in WA of those that use they are choosing to use a more potent form called methamphetamine, and they are using it more frequently.

**Key message 4**

If you have someone close to you that you think may be using methamphetamine, there is help and treatment available. The Meth Helpline is a 24/7, WA state-wide telephone counselling, information and referral service for anyone concerned about their own, or another person’s meth use. You can contact them on 1800 874 878.