

Reducing harm

- It's best not to use speed.
- If you have used speed, have a trusted family member or friend around and stay in a safe place.
- Don't mix with other drugs. This can lead to overdose.
- Never drive on any drugs.
- Drink water to replace fluid you lose from sweating.
- Eat lots of healthy food to help your body stay strong.
- Using speed is not an excuse for having unsafe sex – always use a condom.
- Speed use can affect your family and community, not only while you're using, but also when you come down.
- If injecting speed, always use a clean syringe and injecting gear such as spoon, swab and water.
- Never share equipment.**
- Injecting speed is very risky.**



Look after your family and friends

- Stay together.
- If someone becomes very fearful or is feeling crazy, keep them calm and tell them the feeling will go away. **Do not leave them alone.**
- If someone experiences any bad effects or passes out make sure you call an ambulance straight away.



- By doing this you could save their life.
- If someone has passed out put them on their left side and make sure they can breathe
 - dial 000 for an ambulance (police won't come unless there is violence, serious injury or death)
 - stay with your friend till the ambulance arrives.



Getting some help and information



The longer you take speed, the more you will need to feel the effect. If you take it regularly and then stop, you may get withdrawal symptoms. It's easy to become dependent on speed.

If you are thinking about changing your speed use, perhaps you could do with some help or information. Sometimes people don't get help because they feel shame talking about their drug use. Aboriginal Alcohol and Drug Workers, Aboriginal Health Workers or other health professionals are there to help you. They will not put you down. They can help you to reduce your use, stop using, manage your withdrawal and support you while you make changes. It may not be easy to reduce your use but your friends and family and other people in your community can also help you.

For more information and help

Local Contact

The Alcohol and Drug Information Service (ADIS)

ADIS can provide information about culturally secure alcohol and drug services in your area. They can also provide other information, counselling and advice for people concerned about their own or another's drug use. This is a 24-hour, statewide, confidential telephone service.

ADIS: 9442 5000 Toll free: 1800 198 024

E-mail: adis@health.wa.gov.au

Website: www.dao.health.wa.gov.au

The Parent Drug Information Service (PDIS)

Confidential telephone support, counselling, information and referral service for parents.

Telephone: 9442 5050

Toll free: 1800 653 203

Produced by the Aboriginal Alcohol and Other Drug Programs

Artist: Barry McGuire (Mullark).

The Aboriginal Inner Spirit Model (Ngarlu Assessment Model) was developed by Joseph 'Nipper' Roe, who belonged to the Karajarri and Yawru people.

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Strong Spirit Strong Mind

Aboriginal Ways of Reducing Harm
From Alcohol and Other Drugs

Speed

ABORIGINAL INNER SPIRIT MODEL



Our Inner Spirit is the centre of our being and emotions.

When our spirit feels strong our mind feels strong.

When our spirit feels tangled our mind feels tangled.

Strong Inner Spirit is what keeps people healthy and keeps them connected together.

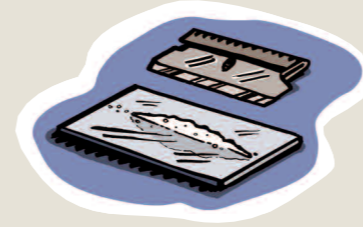
Strong Inner Spirit keeps our family strong, our community strong and our country alive.

Alcohol and other drugs can tangle your spirit and weaken your spirit and your connections with family, community and country

Our way of being healthy is to look after ourselves by making good choices, and to care for our family, community and culture. Alcohol and other drugs can tangle and weaken our spirit and mind. This can affect our emotional, social, spiritual and physical well being. This can weaken our connection to family, community, culture and country.



Speed, Amphetamine, Uppers, Ice, Crystal Meth



What it is.

Speed is a stimulant. These drugs speed you up. They can be swallowed as tablets, 'snorted' through the nose as a powder or injected in liquid form. Some amphetamines are prescribed by the doctor for medical problems. Amphetamines sold on the street are illegal, even if they have been previously prescribed. Speed affects the way you think, feel and behave. It also affects your body. Effects can come on straight away or take longer depending on how you have taken it. The effects last from four to eight hours. If you get very bad thoughts or feelings, these can last from a few hours to many weeks.



Short-term effects

- Feel happy and brave, and you think you are really deadly. This can lead to making poor choices and doing things you wouldn't normally do (e.g. have unsafe sex, drive dangerously, break the law).
- You have lots of energy and your heart beats faster and you get really big eyes because your pupils dilate.
- You talk a lot. Some people might think you are talking too much.
- You stop eating because you do not feel hungry and you may get stomach cramps.
- Feel hot and sweaty or hot and cold.
- You may feel worried (anxious), restless, fearful, suspicious, jealous, violent and aggressive.
- You may see and hear things that aren't there and your thoughts can become muddled up.
- Sleeping is difficult, sometimes people stay up all night and all of the next day.
- Speed can increase your blood pressure and this could cause heart problems or stroke (a bleed in the brain).

Long-term effects

If you use speed regularly or binge heavily you may develop some or all of the following problems:

- You may have mood swings, feel sad or depressed, mixed up, worried or become aggro with no warning. Your family and friends might be worried for you and frightened of you. They may start to see you as dangerous or strange.
- Get really skinny.
- Get sick very easily because your body is run down.
- You may have strange thoughts and your thinking can become tangled and unclear.
- You may get paranoid (fearful, jealous and suspicious). When someone gets paranoid they may think people are after them. Some people become psychotic. They may see or hear things that aren't there.
- Speed may cause you to have a stroke (a bleed in the brain) or a heart attack and this can cause long term health problems or even death.
- Speed costs lots of money and this can put pressure on families.

