



Did you know?

Meth changes the way your brain works.

- **Meth actually damages the part of the brain that helps us feel pleasure.**
- **When used in high doses or for long periods of time, the brain may not be able to recover.**

What to expect when cutting back or quitting:

- **Your doctor or behavioral health specialist can help you set up a plan.**
- **Change takes time.**
- **You will need support**
- **You may have some withdrawal symptoms.**
- **Contact your doctor if you have any medical concerns.**

Something to try:

1. _____

2. _____

Community Resources:

1. _____
2. _____

Behavioral Health Specialist:

Phone Number:



**Because
WE CARE,
we ask
EVERYONE**

METHAMPHETAMINE



vital
Improving Wellness in Alabama



Methamphetamine

“Meth” is a powerful stimulant that affects every part of the body.



At first, a person using meth may feel extra energy. The energy-filled high can stop a person from sleeping for several days.

Lack of sleep can cause:

- Paranoia
- Hallucinations
- Irritability
- Anxiety

Meth causes the heart to race and the blood vessels to tighten.

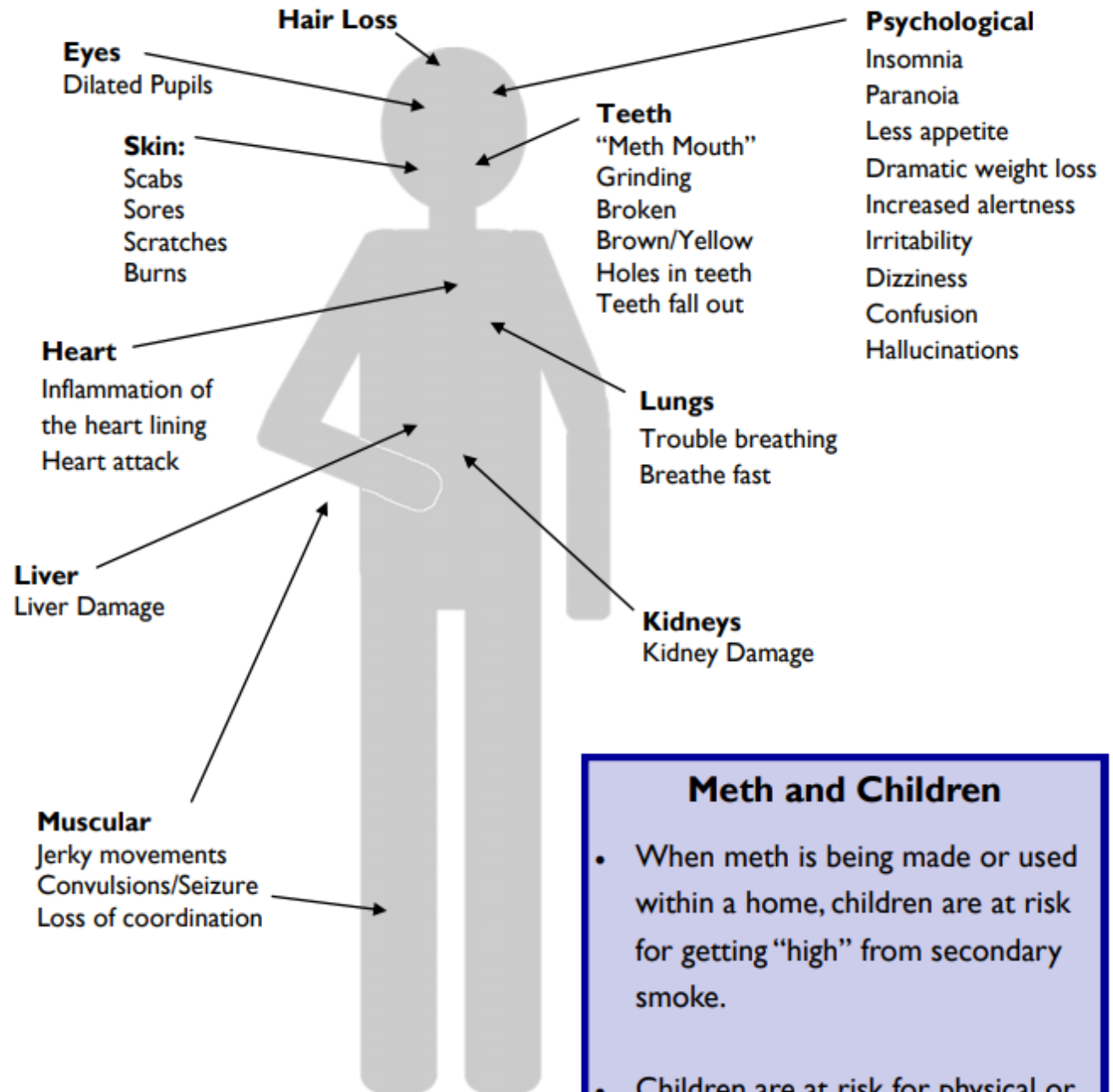
Serious health risks are:

- Heart attack
- Stroke
- Overdose/Death

Other Risks:

- **HIV and Hepatitis B and C:** Needle sharing is common and can spread these diseases.
- **Sexual Assault:** Adults and children are both at risk when around people using meth.
- **Skin Burns:** Getting a burn is common when around meth “cooking.” Anyone in the location or near by is at risk for a chemical explosion.

Effects of Methamphetamine



Meth and Children

- When meth is being made or used within a home, children are at risk for getting “high” from secondary smoke.
- Children are at risk for physical or sexual abuse or neglect when around known meth users.