

AMPHETAMINE

INFORMATION GUIDE ON USE,
EFFECTS, SAFETY AND HELP

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INTRODUCTION

Amphetamine is a stimulant drug that was discovered more than 100 years ago. Since then, the drug has been used in many different ways, from keeping soldiers awake during World War II to being marketed to housewives to help them manage the housework and lose weight. In more recent years, amphetamine-type drugs have been used in the treatment of conditions such as attention deficit hyperactivity disorder (ADHD).

Throughout its history, amphetamine has shifted from being widely available and socially acceptable, to being strictly controlled by international drugs legislation.

As a street drug, amphetamine is most commonly known as speed. In other countries the term 'speed' may be used to refer to another stimulant drug, methamphetamine (page 15).

All drug use has risks. This booklet is for information only and does not constitute or replace medical advice. If you have medical concerns about your drug use, please speak to a medical professional.



GETTING HIGH?

Before taking any drug...

- Spend at least two hours researching the drug you are planning to take. These sites contain more information about the risks and effects of different drugs:

crew.scot

drugsand.me

psychonautwiki.org

erowid.org

tripsit.me

- **Test the drug.** If you do not have access to a drug checking service, reagent testing kits are available online and can give a greater understanding of what the drug contains, but they may not be suitable for identifying newer compounds or adulterants (unexpected ingredients) and can tell you nothing about purity or strength. Find out more about testing:

crew.scot/how-do-i-test-my-drugs



- Plan your doses and use a watch or timer to keep track of how frequently you are dosing.
- Grind or crush substances down as fine as possible before use. This makes it easier to judge a dose, speeds up absorption into the body and reduces the damage to soft tissue from abrasion.
- Use scales to measure the dose. Start with a small dose and go slow! Remember that the more of a drug you take, the riskier it is and the more likely you are to experience negative effects.
- Avoid mixing different drugs including alcohol and medicines.
- Stay with people you trust, in a safe environment and be aware of dangers such as water (e.g. rivers, lakes) and sharp or hot objects.
- Amphetamine can decrease inhibitions and increase the likelihood of taking risks related to money, sex and other behaviours. Before you take it, set yourself some boundaries and try to stick to them.



EFFECTS

Amphetamine is a synthetic (lab-made) stimulant with long-lasting effects. Stimulant drugs increase your heart rate and breathing. In the UK it is commonly found as a white, off-white, or pinkish powder and it is known as speed, whizz or amphet. It can also be found as an off-white paste, which is known as base.

When swallowed, it can take about 15 minutes to start to feel the effects. These effects peak after a few hours and can last up to eight hours. When snorted, the effects may be felt after only a few minutes and can last up to six hours.

Amphetamine may make you temporarily feel alert, confident and focussed. Some people may feel motivated, chatty and energetic. It can also increase concentration and sex drive and reduce the desire to eat or sleep. Other effects include restlessness, jaw clenching, teeth grinding and paranoia.



COMING UP

- An average dose of amphetamine powder for snorting is between 15-30 milligrams (this will vary depending on purity – this dose should not be taken as a recommendation).
- The purity of amphetamine in Europe varies widely, so be aware that new batches may be of very different purity to ones you have had previously. Average amphetamine purity in the UK at street level has ranged between 5% and 12% over the past decade (Focal Point annual report, 2019).
- If smoking, injecting or taking amphetamine rectally, start with a smaller dose. The effects are almost instantaneous, feel more intense, and wear off more quickly than if snorted or swallowed.
- Set out a clear plan for activity, including things you may forget to do, such as eat, drink regular sips of water and take breaks to stretch.
- As the effects come on you might feel excited and energetic. Take regular breaks to chill out.
- If you don't feel the effects, don't re-dose right away – wait at least two hours as the drug might not be what you thought it was.
- Avoid taking drugs when alone and have a sober friend around if possible. Tell them what you have taken, how much and when.
- If the effects become overwhelming, sit down and try to stay relaxed, the intensity will reduce with time. Get help if you need it. If in doubt, ring 999 for an ambulance.

COMING DOWN

- When the amphetamine wears off you may feel a strong urge to re-dose but try not to compensate by taking more. These cravings will pass.
- Try to resist taking any other drug, or at least wait until the effects of the amphetamine have completely worn off before taking anything else.
- If you feel low or anxious speak to people you trust.
- Stay hydrated by sipping water or an isotonic drink. Aim to drink half a pint (284mL) per hour. You won't need much more than this unless you are in a hot, busy environment.
- Your emotions could be up and down. If you feel irritable or bad-tempered, do something that will help you to relax.
- Take a shower and have a hot, sweet, decaffeinated drink such as tea or juice.
- Eat healthy balanced meals; if you are not hungry try to eat fruit and take multivitamins.
- When someone stops taking amphetamine, after prolonged use, they may experience withdrawal. Withdrawal symptoms can include: paranoia, tiredness, headaches, confusion, strong cravings and hallucinations. The severity of the symptoms will vary but most symptoms will ease after a few weeks. It is normal to feel low for several months after stopping amphetamine use.

ROUTES OF ADMINISTRATION

Route of administration is the way that you take the drug.

Before you take any drug:

- Wash your hands for at least 20 seconds.
- Wipe down the baggies or other packaging.
- Clean all surfaces and equipment regularly.
- Avoid sharing drugs from the same baggie or packet.

The most common route of administration for amphetamine is snorting. It can also be dabbed by putting it under the tongue, or swallowed (by mixing into a drink, or put into a gel capsule or cigarette paper).

Amphetamine can be injected but this is very risky and is associated with many harms. It also increases the likelihood of overdose and is therefore strongly discouraged.

Regardless of your route of administration, it is important to research your desired method extensively before consuming any drug and take regular breaks from drug use to give your body time to heal and readjust.



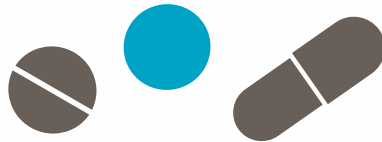
SNORTING?

Over time amphetamine can degrade the septum (the cartilage separating the nostrils). It can also lead to a reduced sense of smell, nosebleeds, pain when swallowing, a runny/blocked nose and recurring nose or throat infections.

- 1** Grind it down as fine as possible and divide it into small lines.
- 2** Ensure the surface is clean - unclean surfaces such as toilets, phones and keys can spread disease (including COVID-19).
- 3** Avoid using bank notes as a tool to snort amphetamine, as they aren't disposable, can cut the inside of your nose and cause infections - post-its or paper straws are a good alternative to notes.
- 4** Sharing snorting tubes can spread infections and blood borne viruses (e.g. hepatitis C, HIV) - only use your own equipment. Get tested regularly for BBVs.
- 5** Position the tube as high up the nostril as possible and alternate nostrils for each dose.
- 6** Rinse your nose out with clean water at the end of a session, to prevent the powder causing further damage to the inside of your nose.
- 7** Apply a thin layer of vitamin E oil to the inside of the nose after rinsing.

SWALLOWING?

- 1** If you are taking unregulated amphetamine tablets be aware the content can vary. Dose low - start with quarter or half of a pill. Some pills can be hard to break. For best effect use a pill cutter and break your pill up before going out.
- 2** Grind amphetamine powder down as fine as possible before use. This makes it easier to judge a dose and speeds up absorption into the body.
- 3** Use a new cigarette paper or gel capsule to 'bomb' (swallow) powder.
- 4** Start with a small amount and wait two hours before re-dosing. Some pills will take a while to break down and therefore longer for you to feel the effects.
- 5** If mixed into a drink, care should be taken to accurately dose and the bottle/cup marked to ensure no one else accidentally drinks it. Never leave your drink unattended and avoid drinking from bottles/cups if you are unsure of what's in them.



INJECTING?

There is a higher risk of overdose if amphetamine is injected. Injecting amphetamine also risks damaging veins or the injecting site and can cause life-threatening infections and abscesses.

- 1** Only use new, sterile supplies. These are available from injecting equipment providers (IEPs or needle exchanges) or can be bought online.
- 2** Always ask for extra equipment in case you need more than intended.
- 3** Sharing equipment including needles, filters, containers, spoons and water can spread infections and blood borne viruses (e.g. hepatitis C, HIV) - only use your own.
- 4** Use colour coded equipment to avoid confusion and get tested regularly for BBVs.
- 5** Follow good hygiene practice and wash your hands and injection sites (before and after).
- 6** Use the smallest needle you can without it becoming blocked or breaking.
- 7** Keep the needle sterile and avoid licking the needle as this can transfer bacteria from the mouth into the skin and cause infections.
- 8** Use a new needle each time - needles become blunt after one use.
- 9** Rotate injection sites but try to avoid injecting in high-risk areas such as the neck and groin.
- 10** Dispose of equipment responsibly. Sharps bins can be sourced from and returned to IEPs.
- 11** Seek medical help if the injecting site is painful, tender or hot, or there is swelling for more than a few days.

MIXING

Polydrug use means taking more than one drug at a time (including alcohol and medicines). Taking different drugs at the same time increases the risk of each drug.



Mixing drugs can cause unexpected and unpredictable results and is a major risk factor in drug-related deaths in Scotland.

Try to stick to one drug at a time but if you do mix drugs, do your research, ensure you are somewhere safe, take way less of both substances than you would if you were only taking one and look out for the signs of an overdose (page 26).

Taking amphetamine with other uppers (such as cocaine, caffeine and MDMA) increases the strain on the heart and body and may increase negative side effects such as racing heartrate, anxiety and restlessness.



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Mixing may also reduce some of the desired effects, whilst increasing toxicity, so it's best to only stick to taking one drug at a time. Take regular breaks, stay hydrated and look out for signs of overheating.

Mixing amphetamine with cannabis, psychedelics (such as LSD) or dissociatives (such as ketamine) can increase bodily sensations, increase heart rate and increase the risk of experiencing nausea, feeling anxious and/or losing control. Reduce feelings of anxiety by staying calm, controlling your breathing and telling someone how you are feeling.

Mixing amphetamine with downers including opioids (such as heroin) or depressants (such as alcohol, GHB and benzodiazepines like Valium and Xanax) is dangerous. Depressant drugs depress your central nervous system which means they slow your heart rate, response time and breathing.

It is especially risky to mix amphetamine with monoamine oxidase inhibitors (MAOIs - a type of antidepressant) and synthetic opiates such as tramadol.



Some people think that taking amphetamine when drinking can 'sober you up' but this isn't really the case. Mixing amphetamine with alcohol (or other downers) can mask the effects of each drug while increasing the risk - you will still be intoxicated but your perception of how drunk or high you are will change.

If you are taking amphetamine and can't avoid alcohol completely, try to limit yourself to only a few drinks, choose drinks with a lower alcohol content or drink water or soft drinks between alcoholic ones.

OTHER AMPHETAMINE-TYPE STIMULANTS

There are many drugs like amphetamine, and these are generally referred to as amphetamine-type stimulants (ATS). There are hundreds of ATS, including methamphetamine, methylphenidate, cathinones (such as mephedrone and MDPV) and ecstasy-type drugs (such as MDA and MDMA).

For more info on MDMA, check out our booklet: crew.scot/mdma



Drugs in this category are central nervous system stimulants so they share common effects including increased heart rate, breathing and energy.

ATS can also crop up as adulterants (unexpected contents) in other drugs. Some of these stimulants are stronger, last longer, and are more risky than amphetamine. Where possible, get your drugs tested before use.



METHAMPHETAMINE

Methamphetamine is amphetamine with an added methyl group (one carbon atom bonded to three hydrogen atoms). In the UK it is usually found as a clear, colourless crystal and it is known as crystal meth, ice and tina.

It is most commonly smoked. When heated and inhaled, it will take less than a minute to start to feel the effects. These effects peak after a few hours but can last up to 12 hours and after effects may be felt for up to 24 hours (in comparison, the effects of amphetamine last six to eight hours).

Inhaling drugs can damage the mouth, throat and lungs and can cause breathing difficulties, wheezing, chest pain, shortness of breath and, in extreme cases, respiratory failure. It can also impact negatively on oral health and can cause sores, cuts and blisters on the lips and in the mouth.

IF YOU ARE SMOKING METHAMPHETAMINE

- 1** Crush the methamphetamine into small pieces.
- 2** When smoking, the effects are more intense. This may leave you quickly craving more. Use a timer to keep track of use and try to wait as long as possible between doses.
- 3** If smoking from a pipe, use a clean glass pipe with a metal gauze. Pipes made from bottles and cans release toxic fumes when heated. Glass pipes are less harmful and more efficient. They can be purchased cheaply online or from a headshop.

- 4** Allow the pipe to cool down between uses and hold the pipe as far away from the flame as possible to reduce the chance of burns. Keep all burns clean and dry. If they do not start to heal, and instead become more red, hot or inflamed, please seek medical help.
- 5** Stay hydrated. Smoking meth dries out the mouth so it's important to use lip balm, drink small sips of water regularly and brush your teeth twice a day.
- 6** Sharing pipes can spread infections and blood borne viruses (e.g. hepatitis C, HIV) – only use your own equipment. Get tested regularly for BBVs.
- 7** Avoid holding the smoke in your lungs, as this can damage tissue without giving a better 'hit'.

People taking it report experiencing an initial rush, followed by feelings of euphoria, confidence and alertness, followed by a strong urge to re-dose.

It can also increase energy, focus and sex drive whilst reducing the desire to eat or sleep.

Other effects include restlessness (constant movement, inability to sit still), aggression and compulsive behaviour such as cleaning, pacing or skin picking. These negative effects can last for hours after the initial euphoria has worn off.

Methamphetamine is known to be directly toxic to neurotransmitters and it has been reported that heavy/frequent use can result in brain damage.*



As well as physical and mental health harms, problematic methamphetamine use is linked to issues including loss of employment, breakdown of relationships and risky sexual behaviour.

* <https://doi.org/10.1038/mp.2008.90>

AMPHETAMINE-TYPE MEDICINES

Amphetamine has been taken for its stimulating effects since the 1920s. For decades it was largely unrestricted and sold in pharmacies in the UK, under brand names such as Bensedrine and Dexedrine. It was advertised as a treatment for depression, hangovers and pain, and promoted as a tool to encourage wakefulness and weight loss. The wide publicity of the many uses for amphetamine often over-looked the potential harms and side effects.

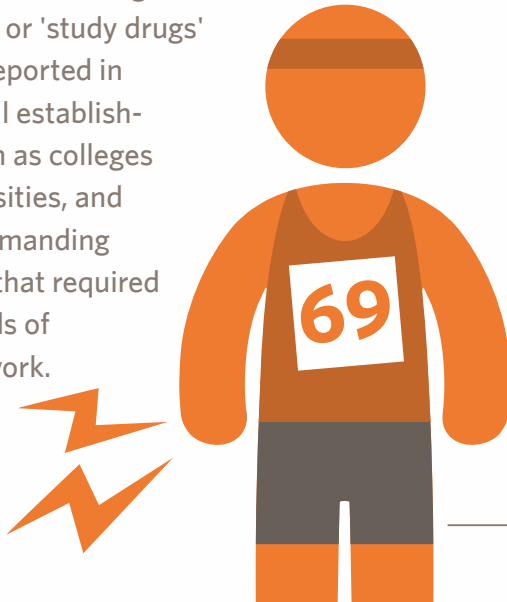
Now, amphetamine-based medicines continue to be used in the treatment of narcolepsy (sleep disorder), obesity and attention deficit hyperactivity disorder (ADHD) under brand names such as Ritalin and Adderall.

It may be tempting to self-medicate by taking amphetamine-type stimulants but getting the right diagnosis and right treatment plan for you will make a huge difference. If you think that you may have symptoms of ADHD, it is important that you speak to a medical professional about accessing support and treatment – you don't have to deal with it alone.

PERFORMANCE ENHANCING?

Some people may take amphetamine to improve physical and mental performance. It is often reported in sports and fitness arenas and some people may be taking amphetamine-type stimulants alongside other drugs such as steroids.

The use of ATS as 'cognitive enhancers' or 'study drugs' has been reported in educational establishments such as colleges and universities, and in some demanding industries that required long periods of focussed work.



STUDY DRUGS

Study drugs are stimulants that are taken with the intention of enhancing and improving cognitive ability, focus or concentration.

Drugs in this category often have medical uses in the treatment of conditions such as ADHD and narcolepsy.

Study drugs include:

- Methylphenidate (Ritalin)
- Amphetamine/dexamphetamine (Adderall)
- Modafinil (Provigil)

For more info on study drugs,
check out our booklet:

crew.scot/smart-drugs-resource



INTENDED EFFECTS



- ability to stay awake for longer periods
- increased concentration
- enhanced focus
- increased energy

UNINTENDED EFFECTS



- over-stimulation
- inability to sleep
- increased heartrate
- anxiety
- headaches
- procrastination
- being 'locked' into unintended activities
- overtiredness/ exhaustion

If you are taking stimulants for performance or cognitive enhancing effects:

- Be aware of the type of tablet you have. Amphetamine-based medicines are available as slow or fast release tablets. If they are slow release this means you won't feel the effects straight away. Redosing too quickly increases the risk of side effects including overdose.
- Be aware that counterfeit drugs exist. Even if they look legitimate, contents can vary across and within batches and the drug and/or dose may be different to that which has been advertised.

- Make sure you are well rested, have eaten and are well hydrated.
- Do you have potential distractions or other commitments to remember?
- Check your 'set' (mood and mental well-being): feelings like anxiety can be amplified during and after use.
- Check your 'setting' (environment): is it safe? Is it messy or noisy?
- Extended period of wakefulness could be overwhelming or uncomfortable. Can you access help if needed?

THE LAW

The Misuse of Drugs Regulations (2001) control the administration, prescribing, dispensing, record keeping and disposal of licensed medicinal amphetamine-type stimulants.

The sale and production of (non-medicinal) amphetamine is illegal worldwide. In the UK, amphetamines (and ATS such as methylphenidate and mephedrone) are Class B drugs under the Misuse of Drugs Act (1971). It is illegal to possess, supply, possess with intent to supply, manufacture and/or import amphetamine.



Penalties for possession of a Class B drug are up to 5 years in prison and/or an unlimited fine. Penalties for supply (including giving it to your mates for free) are up to 14 years in prison and/or an unlimited fine.

Amphetamine that has been prepared for injection and methamphetamine are Class A drugs. Penalties for possession are up to 7 years in prison and/or an unlimited fine and penalties for supply are up to life in prison and/or an unlimited fine.

The penalties will depend on factors such as previous convictions, the severity of the offence and the type of drug. Having a criminal record for drug-related offences can cause significant consequences including:

- Stigma (societal disapproval)
- Loss of employment/education
- Reduced career opportunities
- Higher insurance premiums
- Limited travel opportunities

Many newer amphetamine-type stimulants are not controlled by the Misuse of Drugs Act. Their supply is controlled by the Psychoactive Substances Act (2016), which bans the sale of substances capable of producing a psychoactive effect. Possession is not an offence (unless in a custodial institution such as a prison).

Drugs can impair the ability to drive. Only drive if you are sober, feel well and aren't sleep deprived. In Scotland, it is a crime to drive with a specified controlled drug in the body, in excess of a specified limit. The presence of drugs above a certain level can lead to a conviction for drug-driving. This limit is set at 250 micrograms/L for amphetamine and 10 micrograms/L for methamphetamine.

For more information on amphetamine and the law, visit: [release.org.uk](https://www.release.org.uk)



SEX

Like other stimulant drugs, amphetamine can increase your feelings of arousal so it's important to think about consent. Are you really feeling it? Are they? Ensure you have full consent before, and during, any sexual activity.

It's also important to think about safe sex - grab condoms, dams and whatever else will help keep you safe depending on how you have sex. Not sure about your options? Ask us!

Use lube. This reduces the risk of the condom breaking, prevents damage to the soft tissue and makes sex more enjoyable! Taking stimulant drugs can reduce natural lubrication and this can increase the risk of passing on infections and disease. Get tested regularly for STIs and BBVs.

When we say that there is an increased risk when mixing different drugs, this includes drugs like Viagra. Anyone who has an erection for more than four hours should seek urgent medical attention.

Be aware that if you vomit or experience diarrhoea when taking drugs, your contraceptive pill could be affected. Use a barrier method or think about long term contraception such as an injection or implant.

MENTAL HEALTH

The risk of experiencing an issue with your mental health when taking drugs is increased if you are not sleeping well, eating well or are already diagnosed or experiencing mental health difficulties. Taking drugs in high doses, frequently dosing or taking more than one drug at a time also increases the risk.

Our mood is regulated by chemical messengers in the brain called neurotransmitters. Amphetamine increases the levels of neurotransmitters (such as dopamine and noradrenaline) in the brain, which causes heightened feelings of pleasure.

To adapt to the dopamine-inducing effects of amphetamine, the body reduces its dopamine production. This means that after a while, you won't experience the same euphoria as you did in the beginning. The more amphetamine you take, the less dopamine (and noradrenaline) you naturally produce, and heavy and/or prolonged amphetamine use can leave people feeling low, depressed and anxious.



You may feel very low for a while after you stop taking amphetamine, as your brain and body need some time to readjust. People report being unable to experience joy and happiness at events they previously would have. This is temporary and mood should improve over time after reducing or stopping amphetamine use. During this time, eat healthily, get lots of rest and spend time with loved ones.

If you have difficult thoughts or intentions, it's important to talk about it. Speak to someone you trust. You can contact:

The Samaritans on 116 123 or at [samaritans.org](https://www.samaritans.org)
or Breathing Space on 0800 83 85 84 or at [breathingspace.scot](https://www.breathingspace.scot)
or CALM on 0800 58 58 58 or at [thecalmzone.net](https://www.thecalmzone.net)



PSYCHOSIS



Frequent/high doses of stimulants can result in excessive dopamine which can cause significant behavioural and processing issues such as mania, paranoia, anxiety and psychosis. Stimulants can also cause you to stay awake for long periods of time, so poor mental health is often exacerbated by sleep deprivation.

Paranoia is the unfounded believe that you, or others are at risk of harm. People may report being followed or tracked through their electrical devices.

People may also experience sensory disturbances including:

- Visual hallucinations (seeing things i.e. shadows, people)
- Auditory hallucinations (hearing things i.e. voices, gun shots)

- Tactile hallucinations (feeling things i.e bugs or insects crawling over the skin)
- These sensations/experiences may further convince them of their paranoid beliefs.

Delusions (false beliefs) and compulsive behaviours (picking at the skin, pacing the room) can also be exacerbated or caused by stimulants.

Amphetamine-induced psychosis is a condition characterised by a collection of the symptoms detailed above.

If you or someone you know is experiencing difficulties with their mental health, it is important they try to reduce or stop use and seek help as soon as possible.



IN AN EMERGENCY

Signs of a stimulant overdose...

- Seizures/fitting/rigid
- Hyperthermia (overheating)
- Severe nausea and vomiting
- Rapid heart rate/chest pains/heart attack
- Hallucinations
- Difficulty breathing
- Anxiety/fear/panic

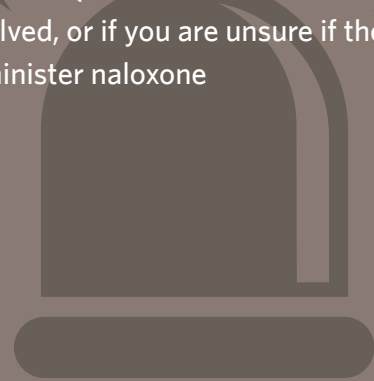


DON'T!

- Leave them alone
- Inflict excessive pain to wake them
- Give any other drug
- Encourage them to vomit
- Give them anything to eat or drink (apart from small sips of water)
- Put them in a bath/shower
- Walk them about or attempt to restrain them

DO!

- Keep calm
- Get help
- Call 999 (or 112)
- Give as much information as possible including location, age, gender, what has happened and be honest about what they have taken
- Stay with the casualty
- If they are distressed, sit them somewhere calm and give reassurance
- If they are fitting, keep the area safe and move anything that could hurt them
- If they are overheating, take them somewhere cooler, loosen tight clothing, cool them using fans or wet towels and give them small sips of water
- If they are unconscious, put in the recovery position (or on their side) and monitor breathing
- If they stop breathing, call 999 and start chest compressions. The call handler will provide guidance and support on what to do
- If you have someone there to help, ask them to get an automated external defibrillator
- Carry a resuscitation face mask/shield. If you are unable or unwilling to give rescue breaths, give chest compressions only
- If opioids (like heroin and methadone) are involved, or if you are unsure if they are, always administer naloxone



EAT WELL

Amphetamine suppresses your appetite and can make it easy to skip meals or miss out on healthy meals.

When the effects wear off people may find themselves bingeing on high-fat, low-nutrient foods. Poor nutrition can lower your immune system leaving you more prone to coughs and colds.

Try planning and preparing a week of meals in advance – this will make you less likely to skip meals.

Carry healthy snacks with you – nuts, seeds and bananas are a great source of quick vitamins and essential nutrients. Make sure you are aiming for a good mix of calcium, protein, iron and healthy fats. Try to pack lots of vitamins into your diet and take vitamin supplements if needed.

Some people might find that stimulant drugs keep their weight down – however, it is healthy to have some fat mass. If you think that you are tempted to use more amphetamine to avoid weight gain, then consult your GP or nutritionist. For support on eating disorders, visit Beat:

beateatingdisorders.org.uk

If you are diabetic, it is important to check your blood sugar is at a safe level before, during and after taking drugs. Read our Drugs and Diabetes resource for more info:

crew.scot/drugs-and-diabetes



SLEEP MANAGEMENT

Amphetamine can make it difficult to fall asleep and stay asleep. It also reduces sleep quality.

Avoid taking stimulants (including caffeinated drinks) in the few hours before bedtime.

Avoid taking other drugs to ease the effects of amphetamine. Mindfulness and breathing exercises can help you relax and dull the stimulant effects.

Try to exercise each day. Even short periods of light exercise can improve sleep quality.

Maintain a regular sleep routine and stick to it.

Avoid eating, drinking alcohol and using electronic devices close to bedtime. Use an app or change the settings on your phone to reduce the blue light emitted from the screen.

Keep your bedroom cool and dark when you are trying to sleep.

Make your bed comfortable. Keep your sheets clean and use a good pillow.

Pay attention to what works for you – keep going when you find it!



TRYING TO STOP

Think about your use - what are the pros and cons? Write them down.

Set small, manageable and measurable goals, like increasing the length of time between each dose.

Only carry what you plan on taking. If you have a couple of grams in your pocket it is easy to take more than you anticipated. Leave what you don't need at home (in a safe place).

Track patterns of use and identify strategies for managing triggers. If you usually take amphetamine with certain people, hold off seeing them for a bit. If you always end up taking it after you have had a few beers, avoid drinking.

Manage your cravings. Try natural highs such as light exercise and meditation. Many people find mindfulness to be a useful practice to develop.

National Acupuncture Detox Association (NADA) ear acupuncture can help to manage withdrawal symptoms or cravings.

SMART Recovery is an internationally recognised program that empowers people with practical skills, tools and support. UK SMART Recovery can help people to make positive changes to their stimulant drug use: smartrecovery.org.uk

Independent mutual aid groups for people looking to change their drug use meet at Crew during evenings and weekends. For a timetable of the fellowship groups held at Crew, such as Narcotics Anonymous, visit: crew.scot/contact-us

Drug services can help support you to reduce, stabilise or cease drug taking. Consider talking to someone if you are finding it difficult to stop taking drugs. For drug services in your area, visit: scottishdrugservices.com

WORRIED ABOUT OTHERS?

If someone is having problems with amphetamine it can have an impact on them and those around them putting strain on relationships in all areas of their life.

It's not always easy to help but your support is a powerful motivator. Try to have open and honest conversations with the person when you are both calm and sober.

Let them know how their behaviour is affecting you and others, and that your concerns come from a place of love. It can be helpful to write down what you want to say in advance.

It is always of primary importance to keep yourself (and your dependants) safe. It can be helpful to chat about issues you are experiencing with people you trust.

For information on ways to help, as well as details of family services and support (either online, over the phone, in person or in a group), visit: sfad.org.uk



If you are in Edinburgh and the Lothians and are concerned about your own, or a loved one's drug use, Crew is here for you! We provide free, inclusive, non-judgemental counselling for those experiencing problems related to psychostimulant drugs.

**To find out more, call 0131 220 3404
or visit: crew.scot**

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