

September 2018

Dear Parents/Guardians:

We are sending this letter to help with your awareness of a serious and ongoing situation in Saskatchewan. The Province is concerned about the increase in crystal methamphetamine or crystal meth use in Saskatchewan. It is affecting individuals in all communities and it is important that everyone know the risks associated with crystal meth use and how to get help if they need it. Talking with your child or teen is important so that they have a foundation to build good decisions about alcohol and drugs.

Crystal meth is part of the family of drugs known as amphetamines. Crystal meth is made using common household ingredients that are cooked together. The main ingredients are ephedrine and pseudo-ephedrine and can also contain battery acid, drain cleaner, paint thinner and antifreeze.

Crystal meth can create a false sense of well-being and energy. An individual will tend to push their body faster and further than it was meant to go. Some short term effects of crystal meth use are restlessness and lots of energy. Some people may experience extreme weight loss as the drug decreases natural feelings of hunger. Other negative effects can include delusions of power, hyperactivity or increased aggressiveness and irritability.

**Some slang terms for crystal meth include:**

Ice, crystal, jib, crank, glass, chalk or speed

Long-term crystal meth use can include both mental and physical effects such as drug induced psychosis, chest pain, stroke and high fever. Chronic use of crystal meth can cause many other possible health harms, including increased heart rate and blood pressure, organ and blood vessel damage, which may lead to permanent brain damage. Other long term effects can include severe tooth decay, malnutrition, increased risk of infectious diseases and abscesses and a strong psychological dependence.

## How do I recognize if someone is using crystal meth?

- Act aggressive or become suddenly violent
- Insomnia
- Feelings of euphoria (high)
- Appear restless or have a lot of energy
- Excessive talking
- May experience paranoia and hallucinations
- Increased body temperature
- Decreased appetite
- Obsessively picks, scrapes and digs at their skin

If you suspect a loved one is using crystal meth, you can access help by contacting:

- **Call HealthLine @ 811 or visit [HealthLine Online](#).** Specially trained staff are available to provide mental health and addictions crisis support, in a safe and confidential manner.
- **Ministry of Health: [Alcohol and Drug Support](#)** to locate Addictions/Mental Health Services near your community.
- **Ministry of Health Facts Sheets:**
  - [Crystal Methamphetamine](#)
  - Know the Facts About Crystal Methamphetamine [Infographic](#)
  - Know the Facts About Crystal Methamphetamine [FAQs](#)
- **Government of Canada: [Methamphetamine](#) (EN) / Gouvernement du Canada : [Méthamphétamine](#) (FR)**
- **[How to talk to your teen about drugs](#) (En) / [Comment aborder le sujet des drogues avec son adolescent](#) (Fr)**

**Note:** This material is for information only and should not replace advice from an addictions or mental health counsellor, doctor or other health care provider.