



If you have any questions about alcohol or other drugs, call:

**Illinois Department of Human Services**  
Division of Alcoholism and Substance Abuse

**1-866-213-0548 (toll-free Voice)**

**1-866-843-7344 (toll-free TTY)**

If you have questions about Illinois Department of Human Services (IDHS) programs or services please call or visit your local Family Community Resource Center (FCRC). We will answer your questions. If you do not know where your FCRC is or if you are unable to go there, you may call the automated helpline 24 hours a day at:

**1-800-843-6154**

1-800-447-6404 (TTY)

You may speak to a representative between:  
**8:00 a.m. - 5:30 p.m.**  
**Monday - Friday** (except state holidays)

Visit our website at:  
**[www.dhs.state.il.us](http://www.dhs.state.il.us)**



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# METHAMPHETAMINES

(Meth)

Facts You Should Know About



**Methamphetamines (MA)** are synthetic amphetamines or stimulants that are produced and sold illegally. MA is a crystal-like powder substance often made in clandestine laboratories from relatively inexpensive over-the-counter ingredients. This drug strongly activates certain systems in the brain.

### **Slang Terms:**

Meth	Crank
Glass	Crystal
Fire	Ice
Crypto	Speed
White cross	Chalk

### **Methods of Intake:**

Smoked	Swallowed
Snorted	Injected

### **THE HIGH:**

Immediately after smoking or injecting MA, the user experiences a sensation of extreme pleasure called a “rush” that can last as long as 20 minutes. The rush is followed by changes in thought wherein the user feels powerful, clever, smart, and funny. These feelings can last between 18 and 24 hours. The abuser maintains the high by injecting or smoking more MA trying to recapture the initial rush. Each time the abuser smokes or injects more of the drug a smaller euphoric rush occurs until finally there is no rush and no high. This may go on for a few days to a couple of weeks. If MA is swallowed or snorted, the user does not experience the rush.

### **THE LOW:**

Tweaking occurs at the end of the high when nothing the users do will take away their feelings of discomfort. MA triggers a number of unpleasant effects. Prolonged use is often associated with violent and anti-social behavior. MA users may have psychological symptoms such as delusions of insects under their skin. In an effort to remove the imagined insects, the users scratch their skin obsessively. Often, the users thoughts become quite paranoid. Some users are unable to pay

attention to any one thing while others become obsessed with a single thought, like taking apart a clock for 10 hours at a stretch. This tweaking period concludes when the users cannot stay up any longer, and they crash entering a deep sleep for 1 to 3 days.

### **Side Effects:**

Impaired speech	Aggression
Hallucinations	Increased heart rate
Acne or sores	Memory loss
Violence	Irritability
Paranoia	Insomnia
Psychotic behavior	Loss of appetite
Nervousness	Anxiety

### **Withdrawal Symptoms:**

Insomnia	Depression
Mental Confusion	Restlessness

### **Sources:**

- <http://www.drugfreeamerica.org/methamphetamine.html> ;
- <http://www.lec.org/DrugSearch/Documents/Meth.html>
- <http://165.112.78.61/ClubAlert/>

## **SUBSTANCE ABUSE TREATMENT FACILITY LOCATOR**

If you would like to know what substance abuse treatment providers are in your community, contact one of the following helplines:

- 1-800-662-HELP
- 1-800-662-9832 (Espanol)
- 1-800-228-0427 (TTY)

OR, visit the following website:

<http://findtreatment.samhsa.gov/TreatmentLocator>