

Health Education and Drug Awareness

Crystal Methamphetamine

Saskatchewan Learning is committed to helping youth, parents and teachers extend their knowledge base and decision-making skills related to drug use and abuse.

Substance abuse amongst teens is a very real and very serious problem across our province. Please, talk to your kids about drugs and alcohol.

Here are some facts on Crystal Methamphetamine:

- It is an extremely addictive stimulant with an addiction curve far steeper than that of alcohol.
- Deep depression and high anxiety are immediate effects of withdrawal.
- It causes erratic, violent behaviour among its users.
- Effects include suppressed appetite, interference with sleeping behaviour, mood swings, and unpredictability, tremors and convulsions, and increased blood pressure, irregular heart rate.
- Prolonged use can cause toxic psychosis.
- Long-term effects include coma, stroke or death.

If you think someone in your home might have a problem with this drug or any other drug, call Healthline at 1-877-800-0002.