

## HOME

### GET THE FACTS

What is crystal methamphetamine?

Why do people use crystal methamphetamine?

How many people use crystal methamphetamine?

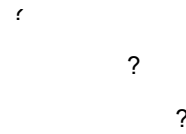
What are the laws about crystal methamphetamine?

### RESOURCES FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES

[Watch The Truth About Ice](#)

### WHAT ARE THE EFFECTS?

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Webinars On-Demand

## STAYING SAFE

COVID-19 harm reduction factsheet for people who use drugs

Protect yourself and others

How do I support a loved one?

When and where do I get help?

## ICE BREAKER

Low doses of ice will not impair driving skills

TRUE  FALSE

[Take the full quiz](#)

## ABOUT CRACKS IN THE ICE

*Cracks in the Ice* is a national online toolkit providing trusted, evidence-based and up-to-date information and resources about [crystal methamphetamine \('ice'\)](#) for the Australian community. This website is a great first step in exploring your needs and finding out more about ice, but **it does not take the place of talking to a health professional**. This website is not a counselling service and it doesn't offer diagnoses of problems or specific treatment. There are several suggestions about the next steps that may be relevant for you if you require further assistance.

## THE CRACKS IN THE ICE APP

[Download the \*Cracks in the Ice\* app](#) to stay updated with the latest information and resources about ice. This app is designed to provide succinct, and useful information to respond to ice-related issues. The app allows you to access this information even when you're offline. It is available on Android and Apple devices.

## A NOTE ON LANGUAGE

On this website, you will see the terms "crystal methamphetamine" and "ice" both used to describe the same drug. Crystal methamphetamine is the chemical name for the drug whereas 'ice' is the shorthand name (or street name) commonly used in Australia. In general, the first time we refer to the drug in any text or topic area we use the term crystal methamphetamine or we use both terms. Following this, use is guided by context and readability.

The language people use to describe those who use drugs can influence how these individuals feel about themselves and others. Stigmatising language (e.g. labels like "addict" and "drug user/abuser") can reinforce negative stereotypes, make people feel ashamed and prevent them from seeking help. Find out more about [helpful and unhelpful language](#). Get more specific [guidance on reporting media stories about crystal methamphetamine](#).