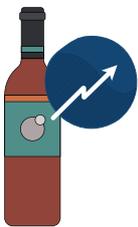


What happens when you use ice with other drugs?

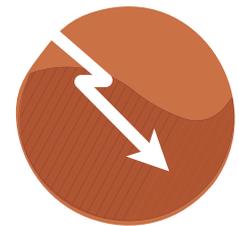
Using crystal **methamphetamine** ('ice') with other drugs can make it even more dangerous. The more drugs someone takes (or is affected by) at a time, the more chance there is of something going wrong.

Why do people use ice with other drugs?



To try and **increase the effect of another drug**, or to make the 'high' longer. For example, sometimes people drink alcohol when they are using ice.

To try and **reduce the negative effects** of ice, usually when 'coming down'. For example, some people smoke yarrandi or take a sleeping pill after they have used ice.



Because it seemed like a **'good idea at the time'**. Sometimes people will take drugs when they have been drinking, are not thinking straight or if people around them are doing it.

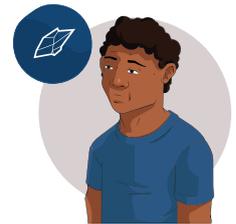
Using ice with other drugs is risky

It's hard to predict the different effects ice will have on different people. Taking more than one drug at a time makes it even harder to know what the effects will be. Many things change the way ice affects us:



Ice itself (e.g. the amount used, how often it is used, how the drug is taken, and whether it's been cut (mixed) with anything else).

The person taking ice (e.g. their mood, their frame of mind, what they expect from taking ice, and their personality).



The setting (e.g. where the person is and the people they are with).

Using ice with Stimulants

Stimulant or 'upper' drugs, such as ice, increase activity in the body's central nervous system (made up of the brain and spinal cord; the system that controls the activities of the body). Combining different **stimulants** (e.g. ice and cocaine) can increase the risk of heart problems, **psychosis** (not knowing what is real), **serotonin syndrome**, **anxiety** or **panic attacks**.

ICE AND STIMULANTS



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SEROTONIN SYNDROME

PSYCHOSIS

ANXIETY OR PANIC ATTACKS

HEART PROBLEMS

Using ice with Depressants

Using ice with **depressants** or 'downers' like alcohol, heroin or yarndi (sometimes called cannabis, gunja or marijuana) puts the body under a lot of strain. It can put **extra pressure on the heart** which may lead to serious problems, especially among people with pre-existing heart problems.

Using ice with yarndi can increase the risk of experiencing mental health problems, including **psychotic symptoms**, especially in those who have existing mental health problems.

Using ice with other drugs can also increase the **risk of overdose** because it's hard to tell what drug is having what effect.

ICE AND CANNABIS

E.G. ICE AND ALCOHOL



HEART PROBLEMS
RISK OF OVERDOSE
PSYCHOSIS

Using ice with Medications

Using ice with **stimulant medications** like Ritalin can increase the risk of **anxiety, panic attacks, heart problems and psychosis**. Using ice with some types of anti-depressants can be risky and increase the risk of **serotonin syndrome**.

ICE AND MEDICATIONS



SEROTONIN SYNDROME
PSYCHOSIS
ANXIETY OR PANIC ATTACKS
HEART PROBLEMS

Key Sources

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Jenner L, Lee N. (2008). Treatment Approaches for Users of Methamphetamine: A Practical Guide for Frontline Workers. Australian Government Department of Health and Ageing, Canberra.