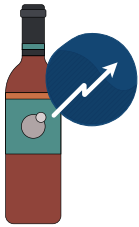


## What happens when you use ice with other drugs?

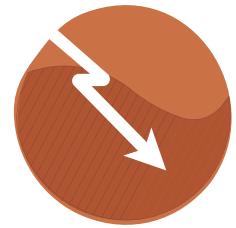
Using crystal **methamphetamine** ('ice') with other drugs can make it even more dangerous. The more drugs someone takes (or is affected by) at a time, the more chance there is of something going wrong.

### 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 yarndi 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



+



**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

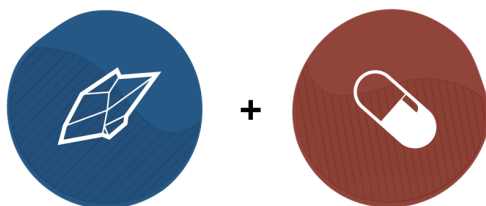


**HEART PROBLEMS**  
**RISK OF OVERDOSE**  
**PSYCHOSIS**

## 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

Black E. (2014). Polydrug use: What you need to know about mixing drugs. Sydney: National Drug and Alcohol Research Centre, University of New South Wales.

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.