

People use ice for many different reasons

What are the good things about using ice?

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Make the change for YOU and your family.


Yarning about ice - your health and wellbeing

What are the not so good things about ice?

- Trouble sleeping and eating
- No money for self and family
- Worry when ice is gone
- Feel anxious, paranoid and stressed

- Seeing or hearing things that aren't there
- Depression and sadness
- Family fights and violence
- Thoughts going too quickly and hard to control

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ASSIST-Lite

In the last three months...

Did you use ice?

YES (1) NO (0)

IF YES:

Did you use ice at least once a week or more often?

YES (1) NO (0)

Has anyone told you they were worried about your use of ice?

YES (1) NO (0)

TOTAL SCORE:

Add the number for each question to get your total score

3

SCORE:

Common Problems with ice

- Getting stressed because of no sleep
- Losing weight because of not eating enough
- Easy to get angry or violent
- Fighting with family and friends
- Unsafe sex
- Mixed up thoughts, paranoid or silly thinking
- Hearing voices or seeing things
- Mental Health worries (Feeling crazy and out of control)
- Picking at skin and making sores
- Grinding teeth and bad breath

What are my options?

- See GP, nurse or Aboriginal health practitioner
- See an AOD Worker regularly
- Try these techniques to reduce your risk

If you have a score of 2 or more:

Are you worried about your ice use?

What do you think you need to do?

How can you keep yourself safe?

Family and friends

Who keeps us strong?



Using ice

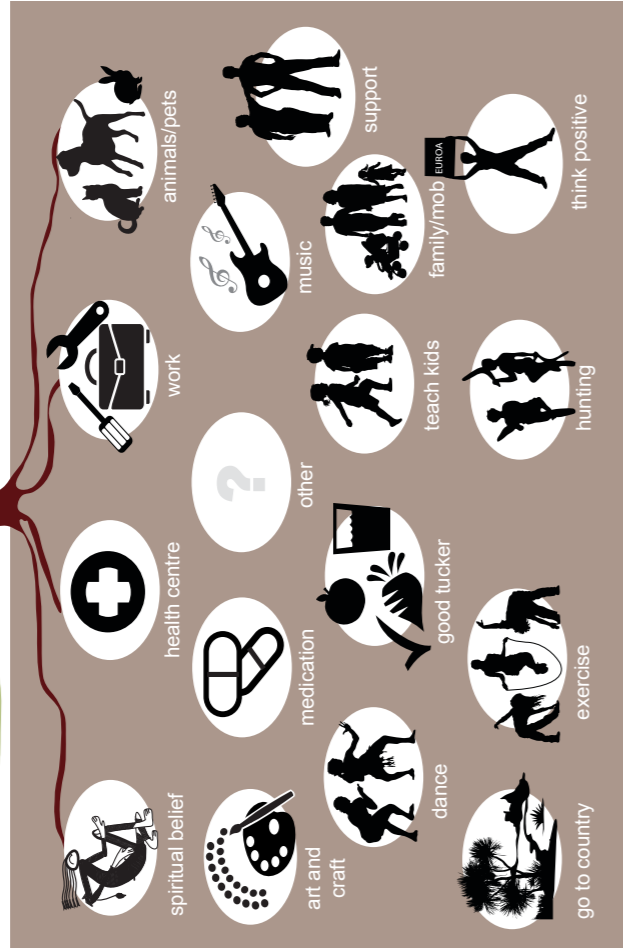
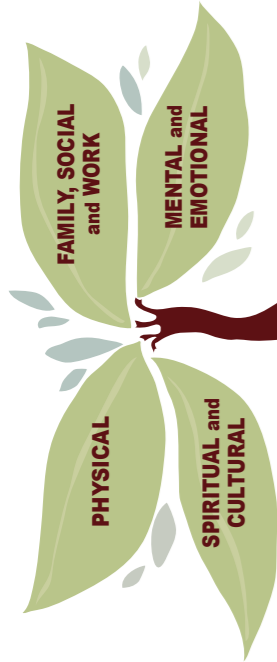
Reducing your risk of harm

- Snorting or swallowing
- Using with friends you feel safe with and not alone
- Having small bits before you know how strong it is
- Don't use if you feel sad or anxious
- Eating well and having big sleep before/after using
- Use ice less than 1 time a month and no more than 2 days in a row
- Not mixing ice with other drugs or alcohol
- Drinking water
- Have safe sex

How do YOU keep safe when using ice?



What keeps us strong?



Your plan for making change

What is the most important thing for you to work on changing right now?

Goal: _____

What would be your steps for making that change?

Step 1: _____

Step 2: _____

What is another important thing for you to work on changing right now?

Goal: _____

What would be your steps for making that change?

Step 1: _____

Step 2: _____

What do you think could stop you from achieving your goals?

All images supplied by the Department of Health ICD Unit

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Who to see

Name:

Health Centre:

Contact Person:

Contact Number:

Next Visit: Time:

Who can help YOU to make the change

Is ICE a problem?

Do you or your family think you have a problem?

YES	NO
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Do you think you use too much ice?

Are you worried about your ice use?

Does your family worry about your ice use?

Do you feel stressed out without ice?

Do you wish you could stop?

If you said YES to any of these, you may have an ice problem

Doing more of what keeps us strong helps us make change

Tips for making change

Make healthy choices, keep busy, work or volunteer, spend time with family, play sport, get involved in cultural activities, go hunting, art & craft, dance, talk to someone you respect and trust, drink more water, have regular check-ups at the health centre.

What do you need to do to take your first steps?

Yarning about Ice

Name: _____



Name:

Health Centre:

Contact Person:

Contact Number:

Next Visit: Time: