

Methamphetamine (Meth) Facts

Meth is a white, bitter powder that is often in a white pill. Meth can also be in the form of a clear or white shiny rock, known as a crystal.

How can meth **affect your health?**

- Your mood can change quickly. You may feel happy and full of energy, and then feel edgy or afraid.
- Your skin becomes dull and your sores do not heal. You look older than you are.
- You may feel like bugs are crawling on and under your skin.
- Your teeth can break, stain and rot.
- You may crave sweet foods, grind your teeth and have a dry mouth.
- It can raise your body temperature.
- It speeds up your breathing and raises your blood pressure.
- You can get HIV or hepatitis if you share needles with others or have unsafe sex while high on the drug.
- You can damage parts of your brain.

Call your provider if you think you suffer from meth abuse. You can recover!

Do you have health questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

English and other languages: **(888) 275-8750** Español: **(866) 648-3537** TTY/TDD: **711**

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What are signs of **meth use and addiction?**

- A person who smokes meth might have burns on his or her lips or fingers.
- Meth is very addictive. People who get addicted to meth need to take more of it to get the same high.
- When you try to quit taking meth, you might:
 - Feel sad
 - Get really tired but have trouble sleeping
 - Feel angry or nervous
 - Be unable to feel happy
 - Continue to have thinking and emotional problems
 - Feel a strong need to take the drug, sometimes years after you recover

Self-Help:

Narcotics Anonymous: <https://www.na.org>
National Drug and Alcohol Treatment Hotline:
(800) 662-HELP