

Crystal Meth



Known as
Crystal, Meth, Tina, Glass



How it's used
Usually smoked, 'slammed' (injected), snorted, or 'booty bumped'



How it can make you feel
Euphoric, alert, energetic, confident, increased libido, reduced appetite



How long it lasts
Dependant on the way it's used but effects can last from 4 - 20 hours



Important to know

Crystal meth is a stimulant drug that speeds up the central nervous system. It typically appears as clear or bluish-white crystals. Crystal meth is a drug commonly used in chemsex.

What it can do

- Increase heart rate and blood pressure
- Cause teeth grinding or 'gurning', and damage to teeth
- Paranoria and hallucinations
- Increased libido and low inhibitions can lead to unsafe sex practices and injuries
- Cause intense comedowns, with exhaustion and irritability

How to reduce the risks

- Start with a low dose and take it slow
- If you are going to re-dose, wait at least an hour
- Try and set a limit to stick to
- Avoid mixing with other substances, including other stimulants or downers
- Avoid sharing injecting or snorting equipment to reduce the risk of infection
- Stay hydrated, use electrolytes and try to eat/sleep after using
- If engaging in sexual activity, practice safer sex by having regular sexual health screenings, using condoms, gloves or consider speaking to your local sexual health clinic or service about options of PrEP, PEP or DoxyPEP and vaccinations
- Test your drugs. Send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk

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