

## **Crystal meth withdrawal**

In general, when people are withdrawing from methamphetamine they will experience the opposite of the effects of the drug. The severity of withdrawal depends on how long and how much they used. The following physical symptoms may last for about five days:

- extreme tiredness - they may sleep for most of two to four days
- disturbed sleep - after extended use of amphetamines normal sleep patterns do not return for many weeks
- dry mouth
- headaches
- anxiety, paranoia, hallucinations

**The emotional withdrawal symptoms can last for weeks or months. These include:**

- depression
- anxiety
- paranoia
- loss of motivation
- low energy
- extreme craving for the drug

## **What you can do**

Watching others withdraw from drugs can be frightening and you may feel helpless. You can support them by:

- helping them get plenty of sleep
- ensuring they get plenty of fluids
- providing healthy food
- encouraging and affirming their move as wise and courageous in the long run
- acknowledging that withdrawal is difficult and sometimes painful
- reminding them that the brain and body need time to heal
- helping them learn to live again without the drug