

Signs your child or someone you know is using crystal meth

The following behaviors and physical signs might indicate crystal meth abuse, especially when several are present at once. When in doubt, seek the advice of a professional.

Behaviors:

Lack of sleep

Meth highs can last for several hours, and an abuser can stay awake and active for up to fifteen days.

Hyperactivity

Users experience bursts of energy, talkativeness, excitement, increased alertness, increased heart rate and uncontrollable movements.

Change in speech

Users often speak quickly, uncontrollably and with a quiver. They twitch, their eyes dart and they have trouble focusing. **Withdrawal** – While high and recovering from a high, users abruptly distance themselves from friends and from activities they normally enjoy. **Compulsions**

Some abusers will compulsively clean and groom, and repetitively disassemble and sort objects.

Mood changes

Users can become moody, hypersensitive and irritable, and may quickly change from friendly to hostile.

Psychosis

Some experience paranoia, hallucinations, delusions and a psychosis similar to schizophrenia.

Aggressive behavior

Users may have a false sense of confidence and power and/or delusions of grandeur, sometimes leading to aggressive and violent behavior.

Physical Signs

Tooth decay

Methamphetamine deprives the body of saliva, so users may experience rapid tooth and gum decay. The toxic chemicals also cause tooth and gum disease.

Poor hygiene

During an extended high, users often don't bathe or take care of themselves.

Distinct smell

Users might smell of industrial chemicals, Meth's main components. With extended use they begin to smell like rotting flesh.

Sores and welts

Abusers often pick at their faces, arms and legs and get skin rashes, acne and sores.

Weight loss

Users often don't eat during their extended highs, resulting in sudden weight loss and poor nutrition.

Other physical signs to look out for: Extreme rise in body temperature; uncontrollable movements, like twitching or jerking; dry, itchy skin; numbness; dilated pupils.

Drug Paraphernalia:

Users may have some of the following items on hand: light bulbs with a hole drilled through the base, glass pipes, glass straws or short straws, tubes, razor blades, mirrors, syringes, smoking devices. Items containing white, beige, pink or brown powder or crystalline substances.