



Bureau of Drug and Alcohol Services  
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[www.dhhs.nh.gov/dcbcs/bdas](http://www.dhhs.nh.gov/dcbcs/bdas)

# METHAMPHETAMINE

### *What is it?*

Methamphetamine (meth) is a powerfully addictive stimulant drug that has a high potential for abuse and dramatically affects the central nervous system. It comes in various forms, the most common being a white, odorless, bitter-tasting powder or crystal that easily dissolves in alcohol or water.

### *Where is it made?*

Most of our country's meth supply is produced by super labs in Mexico and Southern California run by organized crime and street gangs. About 10% is made in makeshift labs found in basements, bedrooms, kitchens, garages, hotel rooms, and trunks of cars. Since the ingredients used to make meth are highly flammable there is always a pending danger of explosion or fire. The by-products are toxic and harmful to the environment.

### *How is it used?*

Meth is usually smoked or injected and produces a high that can last 6 to 10 hours. It is so compelling that people will often re-dose and binge without sleeping, which is then followed by coma-like sleep.

### *Why is it used?*

Like most drugs, people use meth for the rush. They also use it to increase energy, lose weight and/or to increase alertness.

### *Who uses meth?*

A meth user could be anyone in your neighborhood: teen or adult, student or professional, male or female.

### *What are the short-term effects on the user?*

- Euphoria and rush
- Alertness and inability to sleep
- Increased energy
- Increased heart rate and respiration
- High body temperature
- Decreased appetite
- Carelessness about appearance
- Paranoia and aggression
- Increased sexual arousal

### *What are the long-term effects?*

- Powerful addiction to meth
- Depression
- Brain impairment
- Severe health consequences
- Insomnia
- Severe anorexia

### *Is meth addiction treatable?*

Yes, it is treatable, but recovery takes time and requires on-going support.

### **For more information:**

Alcohol, Tobacco and Other Drug Services  
 800-804-0909  
[www.dhhs.state.nh.us/DHHS/ATOD](http://www.dhhs.state.nh.us/DHHS/ATOD)  
[www.drugfreeNH.org](http://www.drugfreeNH.org)