



Ask for help if you are struggling with methamphetamine use.

Ask others if they need help.



## Short- and long-term harms

Workers who use methamphetamine are more likely to:

- be absent from work
- attend work under the influence of drugs
- feel drowsy and/or fatigued when they come off the drug
- lose coordination
- behave anti-socially by being violent and/or harrassing/bullying work colleagues
- lower workplace morale
- drive or operate hazardous machinery
- while affected
- be overconfident in their ability to perform risky tasks
- have impaired concentration, judgement, speed and distance perceptions
- experience longer-term physical and mental health problems
- experience high levels of psychological distress.

Methamphetamine use can impair performance, mental health, working relationships, and overall wellbeing.

## Discussion topics

1. Have you ever been concerned about your own or someone else's methamphetamine use at work?
2. How did you handle your concerns?
3. Who would you speak to, or get advice from about your own concerns.
4. What would stop you speaking to someone or getting advice?
5. How can workplaces best help workers experiencing problems with methamphetamine?

Ask for help if you are struggling  
with methamphetamine use.  
Ask others if they need help.



## Resources (available from the WorkLife website)

1. Alcohol, Smoking And Substance Involvement Screening Test (ASSIST Check-Up App).
2. Cracks in the Ice website:
  - What is ice?
  - Concerned about someone using ice?
  - Starting the conversation.
  - How to protect yourself and others.
  - Driving and ice use.
3. National Centre for Education and Training on Addiction (NCETA):
  - Ice and the workplace.
  - Methamphetamine use in Australia.
  - Methamphetamine effects and responses.

Resources and handouts are available at <https://worklife.flinders.edu.au/external-site-resources>.

References are available at <https://worklife.flinders.edu.au/references>.