

Using Methamphetamine (Meth) Know the Risks

Meth is an addictive drug. It can affect how your brain and body work, and can even cause death. You may hear it called:

Crank

Crystal

Glass

Ice

Speed



PREGNANT

If you use meth while you are pregnant:

- Your baby could be born:
 - With heart and brain defects
 - Too small
 - Too early
- Your baby's placenta (the organ that provides food and oxygen to your baby) can become detached. **This can result in harm or death for you and your baby.**

METH IS A BIG PROBLEM!

- In the U.S. **2 million people used meth** in 2019 and **up to 1.2 million people use meth every month.**
 - In 2019, **184,000 people used meth for the first time** in the U.S. That is **501 new users each day.**
 - In 2019, **Arkansas ranked 1st in the U.S. for meth-positive urine tests**, with **nearly 3 in 10 testing positive.**
- If you use meth:**
- You may be **more likely** to be involved in criminal activities.
 - **4 in 10 violent crimes** and **5 in 10 property crimes** in Arkansas are related to meth.
 - Your risk of dying is higher.
 - Meth-related deaths in the U.S. are **5 times higher** than they were in 2010
 - In 2016, meth took **at least 67 people's lives in Arkansas.**
 - The number of meth users admitted to Arkansas drug rehab centers has more than doubled in the past several years.



If you use meth, you can get help!
If you want to find a treatment provider, call the **Arkansas Department of Human Services Mental Health and Substance Use Support Line: 1-844-763-0198.**

If you have an emergency, call 911.

Some of this information came from:

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Millennium Health. Millennium Health Signals Report:™ National Drug Use Trends. Volume 2, 2020.

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