

Amphetamines: harm minimisation strategies

Measure and test your substance

Start low, go slow: everyone reacts differently. Start with a small amount, especially with a new batch.

Test: use reagent test kits or drug checking services where possible to check for harmful adulterants.

Set personal limits: think about how much and how often you want to use before starting to avoid impulsive re-dosing or bingeing.

Track your use: keep note of how much you take and how it feels. This can help you spot patterns, changes in tolerance, or emerging issues.

Look after yourself

Hydration: sip water regularly - about 1 cup (250 ml) per hour when resting, or up to 2 cups (500 ml) per hour when dancing or exercising. Swap in electrolytes to stay balanced but avoid overhydration.

Food: amphetamines can make you feel not so hungry. If you can't manage a full meal, try a smoothie or meal replacement drink.

Prioritise sleep: many of the undesirable side effects of amphetamines – like irritability or feeling scattered – get worse when you're sleep deprived.

Look after your teeth: amphetamines can cause dry mouth and teeth grinding which can damage your teeth and gums. Drinking water and chewing sugar-free gum can help.

Take breaks: give your body and mind time to recover between use.

Set and setting

Your mindset (set) and environment (setting) significantly shape how amphetamines will affect you. Both can influence how intense the experience is and how safe or risky it feels.

Set = your body and mind

Amphetamines can amplify your current state. If you're anxious or overwhelmed, you may feel wired or uncomfortable. Rest, food, and a stable mood can help reduce negative effects.



Contact us for support

If you're struggling with alcohol or other drugs, we're here for you.

We offer a variety of community and residential programs throughout Queensland and New South Wales, helping thousands of people every year to navigate alcohol and drug challenges and move forward in life.

 **1300 727 957**

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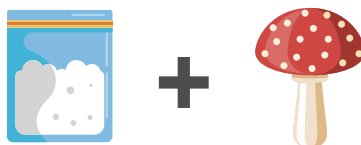
Risky mixes with amphetamines

Amphetamines and alcohol



Risks: this mix can mask how intoxicated you feel, leading you to drink more than intended. It can also increase risk-taking, overdose, and respiratory depression.

Amphetamines and hallucinogens



Risks: can intensify hallucinogen effects, which can increase paranoia, anxiety or psychosis.

Amphetamines with other stimulants (MDMA, meth, speed)



Risks: this is a dangerous combination that can lead to severe cardiovascular stress, heightened anxiety, and the risk of stroke or heart attack.

Amphetamines or benzos or opioids



Risks: increases the risk of respiratory depression and blackouts – especially if taken to “come down”.

Remember:

The effects of any substance can vary based on individual factors, environment, tolerance, and purity.

No dose is completely without risk. When possible, start low and go slow, avoid using alone, and take steps to care for yourself and others.