

# Treatment for methamphetamine (ice)?

If your methamphetamine use is affecting your physical and/or mental health, family, relationships, work, school, financial or other life situation, you should seek help.

Support services are available for you and also for your family and friends if they feel it would help them.

Your treatment will be developed in consultation with you and will be influenced by your specific needs. The type of treatment you receive may change over time but you will be consulted and involved in the process.

If you are using methamphetamine and are not interested in seeking treatment, it is still a good idea to have a regular check-up by your GP.

## How can I get help?

### DirectLine

To access intake and be referred to treatment in Victoria, you can contact DirectLine on 1800 888 236 or via the DirectLine website: [www.directline.org.au](http://www.directline.org.au)

DirectLine provides 24-hour, 7-day counselling, information and referral.

### Local Intake Providers

You can also contact your local intake provider. They provide assessment and referral into treatment services. A list of all local intake providers can be found at: [www.vaada.org.au/wp-content/uploads/2014/10/Approved-Providers-by-Catchment-and-Function.pdf](http://www.vaada.org.au/wp-content/uploads/2014/10/Approved-Providers-by-Catchment-and-Function.pdf)

People seeking treatment may also be referred to intake services from a range of health and human service providers (such as a GP or doctor). Your doctor can also provide a referral to a specialist drug treatment service, as well as information and support and ongoing treatment once your involvement with the specialist service has been completed. It is important to remember that not everyone will require specialist treatment.

Privately funded treatment services may require a referral from a doctor, so it is a good idea to check first.

There may be a waiting list for some services, but if the appropriate treatment is not available at a particular agency, referral can be made to services elsewhere. If you are waiting for treatment, you can access help by calling DirectLine on 1800 888 236 or [www.counsellingonline.org.au](http://www.counsellingonline.org.au)

## What kinds of treatment are available?

A range of treatment options are available to both private and public patients, which may be combined. They include:

- Counselling
- Non-residential withdrawal
- Residential withdrawal
- Therapeutic day rehabilitation
- Residential rehabilitation
- Care and recovery coordination.

## Counselling services

This is the most common kind of treatment, and there are a number of different approaches that might be taken. These might involve talking through your problems, helping you decide if you want to cut down or stop using, learning to change the way you think, or thinking about how you might deal with difficult situations. Counselling can be provided individually or in a group situation, and is available both to people who use methamphetamine, and to their family members or support people. A support service can offer counselling or direct you to a service appropriate for you. Speak to your doctor, treatment service or local community health service.

## Non-residential withdrawal services

Non-residential withdrawal services support people to safely withdraw from alcohol and other drug dependence in community settings, in coordination with medical services such as hospitals and general practitioners.

## Residential withdrawal

Residential withdrawal services support clients to safely withdraw from alcohol and other drug dependence in a supervised residential or hospital facility. These services support people with complex needs or those whose family and accommodation circumstances are less stable and unsuited to non-residential withdrawal.

## Therapeutic day rehabilitation

Therapeutic day rehabilitation is a non-residential treatment option that offers an intensive structured program over a period of weeks, which includes both counselling and a range of other elements designed to build life skills and promote general wellbeing, such as financial management and nutrition.

## Residential rehabilitation

Residential rehabilitation provides a safe and supportive environment for people who are not able to reduce or overcome their drug use issues through other programs. Residential rehabilitation works to address underlying issues leading to their drug use, providing a range of interventions, such as individual and group counselling with an emphasis on mutual self-help and peer community, and supported reintegration into the community.

## Care and recovery coordination

For people with complex needs, care and recovery coordination is available to support people to navigate treatment and access appropriate services. It also supports a person to plan for exit from treatment and to access other services that can assist with health and wellbeing needs such as housing, training, education and employment, or other support that can help prevent relapse.

## Complementary therapies

These include treatments such as massage and relaxation therapies, which can be useful to help you manage withdrawal symptoms. Some herbal or natural remedies can also help, but you should first seek advice from your doctor or treatment service to see what is appropriate for you.

## Self-help groups

Self-help groups can be useful if you are seeking support. Self-help groups allow people the opportunity to be with others who have an understanding of methamphetamine-related issues, and who have developed their own strategies in overcoming dependence.

## Social support

A range of social support services can help you to access housing, financial, legal, general health, dental and other assistance. Speak with your local community health service or treatment service for details.

## Priority populations

Priority populations may be referred to a specialist service, such as those helping:

- Aboriginal and Torres Strait Islander people
- Women
- Gay, lesbian, bisexual, transgender, intersex and queer people
- Parents with young children
- Young people
- People with particular mental health issues.

## Drugs in pregnancy services

To find out about accessing drugs in pregnancy services contact the Women's Alcohol and Drug Service on (03) 8345 3931 or visit: [www.thewomens.org.au/health-professionals/maternity/womens-alcohol-and-drug-service](http://www.thewomens.org.au/health-professionals/maternity/womens-alcohol-and-drug-service)

## Aboriginal alcohol and drug services

To find out more about accessing Victorian Aboriginal alcohol and other drug (AOD) services, please visit: [www.vaccho.org.au](http://www.vaccho.org.au)

## Youth services

To find out more about accessing Victorian youth alcohol and other drug services, please visit: [www.yodaa.org.au](http://www.yodaa.org.au)

## Forensic services

Forensic-specific programs and services are for people who access alcohol and other drug treatment as a result of their contact with the criminal justice system. Treatment for forensic clients is aimed at reducing the harms associated with alcohol and other drug misuse, including the related offending behaviour.

## How much will it cost?

There may be minimal costs for some services in the public sector, but a number of different treatment options (such as counselling and withdrawal) are generally free or low-cost. You will have to pay for any treatment undertaken at private alcohol and drug services. Residential not-for-profit services usually ask for a contribution from residents on benefits (e.g. Newstart) while they remain in residential treatment.

Before you start treatment, contact Medicare and/or your private health insurer, if you have one, to confirm exactly what you're covered for. Private health insurance is recommended if you wish to access the private treatment sector.

## Other help, support services and resources

If there are concerns about the health or emotional safety of children within the home, check the Child Protection number for your area here: [www.dhs.vic.gov.au/for-individuals/children,-families-and-young-people/child-protection/child-protection-contacts](http://www.dhs.vic.gov.au/for-individuals/children,-families-and-young-people/child-protection/child-protection-contacts)

**After hours Child Protection Emergency Service • 13 12 78**

(5.00pm–9.00am Monday–Friday, 24 hours on weekends and public holidays)

**Kids Helpline • 1800 55 1800**

Where children are old enough to recognise they would like assistance, or to talk to someone, the Kids Helpline is Australia’s only free, private and confidential phone counselling service specifically for young people aged between 5 and 25.

**Victorian AIDS Council • [vac.org.au/lgbti-health/alcohol-and-other-drug-services-aod](http://vac.org.au/lgbti-health/alcohol-and-other-drug-services-aod)**

Links to further help and support • [adf.org.au/help-support/](http://adf.org.au/help-support/)

Information on methamphetamine • [adf.org.au/drug-facts/ice/](http://adf.org.au/drug-facts/ice/)

## For information on treatment

There are a range of treatment services available to support the recovery from alcohol and drug misuse. To find out more information about treatment services in your area, contact the alcohol and drug intake and assessment service.

**ACSO • 1300 022 760**

(9am–5pm Monday–Friday)

DirectLine is also available to provide free and confidential information, counselling and referral for alcohol and drug issues 24 hours a day 7 days a week.

**DirectLine • 1800 888 236 • [www.directline.org.au](http://www.directline.org.au)**

### ● Further information

**DirectLine • 1800 888 236**

Help and support lines (24 hours, 7 days a week)

**Ice Advice Line • 1800 423 238**

Help and support lines (24 hours, 7 days a week)

**Family Drug Help • 1300 660 068 • [www.familydrughelp.com.au](http://www.familydrughelp.com.au)** (Victorian-based)

Services are available to support those around you who may be affected by your drug use. As well as providing understanding, they can provide information about how best to help during treatment.

**Family Drug Support • 1300 368 186 • [www.fds.org.au](http://www.fds.org.au)** (Australia-wide)



### ● Stay informed

 [twitter.com/alcoholdrugfdn](https://twitter.com/alcoholdrugfdn)

 [facebook.com/alcoholdrugfdn](https://facebook.com/alcoholdrugfdn)

### ● Contact us

 1300 85 85 84

[adf.org.au](http://adf.org.au)

© Alcohol and Drug Foundation 2017

ABN 66 057 731

Disclaimer: The Australian Drug Foundation has used its best endeavours to ensure that material contained in this publication was correct at the time of printing.

The Australian Drug Foundation gives no warranty and accepts no responsibility for the accuracy or completeness of information and reserves the right to make changes without notice at any time in its absolute discretion.