



What next?...

Let's face it, life isn't always sunshine and rainbows. We can experience barriers, triggers, and conflict. We are human, so it's a realistic expectation that we experience human emotion and reaction to these various events, and sometimes that can lead us straight back to the place we worked so hard to get out of.

If you want to continue striving on your journey and gain some tools that can help make life a bit more manageable, consider some of the options listed below



- Inpatient/outpatient treatment
- Counselling
- support groups

These options can teach you strategies to decrease and manage cravings and cope with life's ups and downs without the use of substances



For more information or to book an appointment please contact your community addictions counsellor, or mental health therapist.

Community Addictions Counsellor

Name
306-XXX-XXX

Community Mental Health Therapist

Name
306-XXX-XXX

Community Supports

Community Health Clinic
306-XXX-XXXX

Local On Call
306-XXX-XXXX

Community Health Nurse
Name
306-XXX-XXXX

Community Addictions Counsellor
Name
306-XXX-XXXX

Community Mental Health Therapist
Name
306-XXX-XXXX

Saskatoon Tribal Council
Asimakaniseekan Askiy Reserve #102A
#200 335 Packham Avenue
Saskatoon, Saskatchewan
S7N 4S1

Phone: 306-956-6100
www.sktc.sk.ca



Home Detox for Crystal Meth

IS HOME DETOX RIGHT FOR YOU?...



The answer is...probably. Although quitting Crystal Meth is no easy feat, there is no real life threatening withdrawal symptoms or affects.

It is advised that you do a medical detox if:

- Your detox environment is unstable/unsafe
- You have other medical and/or psychiatric diagnoses
- You are at risk for severe or extended withdrawal symptoms – Risk factors include...injection drug use, consuming high doses at high frequencies, poly drug use, and poor health



How to prepare...

Your chances of success increase when you enlist the help of someone. Find a safe, sober friend or family member to help support you through this process.



If you've tried to quit before, make notes of what worked and what didn't work.

Know what to expect. Our biggest barrier can be fear of the unknown, so lessen that fear and take control.



Eat, and drink plenty of fluids. Your body and brain are healing themselves and need the proper nutrients to do so. Dehydration can become dangerous so make sure you stay hydrated.

Get lots of rest and limit visitors. This can help with the irritability too.

Pre-plan for cravings. You may experience memory and concentration issues, so write out your plan.

Monitor your symptoms, or have someone monitor them for you. Watch for depression, self harm, and/or suicidal thoughts. If you experience suicidal thoughts or self harm, call your Local on Call, **306-XXX-XXXX**, **9-1-1** or go to your nearest emergency room



What to expect...

During your home detox from crystal meth you can expect to go through 3 phases. Each phase has varying symptoms, and severities. Not everyone experiences it the same. Although there is no treatment or drug maintenance programs for Crystal Meth, there are prescribed medications that have shown to manage/decrease certain symptoms. For further information on those medications, please speak to your health care provider.

Phase 1

Phase 1, sometimes referred to as the crash, occurs during the first couple of days after your last use. Symptoms are similar to what you'd experience from a hangover after binge drinking, and are said to be most intense during this phase. Symptoms can include:

- Excessive amounts of sleep
- Large appetite
- Irritability
- Anxiousness
- Dysphoria (unease or dissatisfaction with life)



What to expect continued...

Phase 2

Phase 2, known as acute withdrawal, occurs 2-3 days after your last use and typically lasts around 7-10 days. Symptoms include:

- Aches and pains
- Agitation/irritability/mood swings
- Anxiety
- Depression
- Fatigue/exhaustion
- Insomnia/sleeping difficulties
- Memory problems/difficulty concentrating
- Cravings
- Paranoia/hallucinations/psychosis



Phase 3

During this stage most of your symptoms should be starting to fade, although mood swings, agitation, cravings, and trouble sleeping could last a couple more weeks. If these symptoms persist longer than that, please talk to your healthcare provider.

It's important to note in this phase, that the urge to relapse will be strongest, and that depression can last weeks, months, and even years as your brain tries to heal itself, and dopamine levels stabilize. Remember to be patient, and kind with yourself, and the process. Just like the other symptoms passed, this will too.

If you are struggling with depression please call your Community Health Centre or your Local On Call at **306-XXX-XXX**. If you are having thoughts of suicide call **9-1-1** or head to your nearest emergency room.

