



# Ice. Your call can make a difference

## Drugs - Ice

The supply and manufacture of ice in our communities is a growing problem.

Ice is an especially pure form of methylamphetamine, a stimulant drug. It is highly addictive and can cause serious mental and physical problems, especially if used frequently or over a long period of time.

Ice has been known to ravage lives. Regular ice use can lead to the disruption of careers, family breakdown and dysfunction, and isolate users from their family, friends and community. There is also a link between ice and other types of crime.

The sale and use of ice occurs in towns, suburbs and cities across NSW, and its harms are also felt across the state.

Police need your help to tackle the supply and manufacture of ice. If you think you've seen something suspicious, please let us know.

### Protect your community

- **INFORM** police of suspicious drug activity by contacting your local police station or calling Crime Stoppers on 1800 333 000.
- **RECORD** suspicious behaviour including descriptions and vehicle registration numbers.
- **REPORT** suspicious chemicals, smells and premises. Learn what signs to look for by visiting: [www.police.nsw.gov.au](http://www.police.nsw.gov.au)

### Protect your family and friends

- **INFORM** yourself and educate your children about the risks associated with using ice and other drugs. Stay involved in your kids' lives.
- **REMEMBER** that a person's ice use can affect their children and partner. Support these people to stay safe.
- **SEEK** professional help early if someone you care about has a drug problem. Don't wait until they hit 'rock bottom'. Effective treatments are available, and intervening early helps harms to be minimised.

### Where to get help

- **CALL** the Alcohol & Drug Information Service (ADIS) on 1800 422 599 or (02) 9361 8000 for information and support about drugs.
- **VISIT** [www.yourroom.com.au](http://www.yourroom.com.au) to learn about drugs, their effects, and how to get help.

**For more crime prevention information  
visit us on [www.police.nsw.gov.au](http://www.police.nsw.gov.au)**



Justice



**Triple Zero (000)**  
For emergencies or life threatening situations.



**Police Assistance Line (131 444)**  
For non emergencies.



**Crime Stoppers (1800 333 000)**  
To provide crime information. It can be anonymous.