

Stimulant use disorder

Preparing for Support Around Stimulant Use

Adults | 10 to 15 minutes

Stimulant use may intersect with sleep, energy, mood, work, relationships, or health concerns. You may want to reduce harm, discuss treatment, or understand changes after use. Start with your current experience and seek qualified assessment rather than guessing the cause.

Describe broad patterns and current impact. This is a care-conversation page, not a plan for changing doses or managing withdrawal alone.

Make current concerns clear

Note a recent change in sleep, energy, mood, thinking, or functioning that you want assessed. Keep any immediate safety concern separate from longer-term goals.

Ask about appropriate support

Prepare questions about treatment options, what participation involves, and support for transport, cost, or daily demands. Ask how the service handles urgent concerns and follow-up.

1. What stimulant-related concern do I want assessed?**2. What effect on sleep, mood, thinking, or daily life should I describe?****3. What treatment or support question do I want answered?****4. What practical barrier or urgent concern needs attention first?****Clinical use and adaptation**

Assess chest pain, severe agitation, confusion, psychosis, suicidality, and other urgent symptoms promptly. Do not provide withdrawal schedules or medication advice. Discuss appropriate evidence-based treatment within competence and avoid moralizing fatigue or difficulty attending care.