

# Help us keep your home drug free



## Methamphetamine "P" in homes

We are here to help. Housing New Zealand takes your health, wellbeing and safety seriously.

## The dangers of "P"

P is an illegal drug in New Zealand.

The production or 'cooking' of P is extremely dangerous for those 'cooking' and anyone around them.

Some chemicals used in the 'cooking' of P are poisonous and can explode, making it unsafe for you and your family. P contaminates the areas it is cooked and used in.

When a house is contaminated by P it gets into everything, the walls, carpets and furniture. Contaminated belongings like clothing, televisions and gaming consoles are considered unsafe to use.

## Protecting you from P

We want to protect you, your family, and our communities.

## Need help?

Housing New Zealand works with agencies to reduce the harm caused by P.

If you or anyone you know has questions or problems relating to P, help and support are available:

You can contact your local doctor or Health Centre

Free call the Alcohol and Drug Help line 0800 787 797

Or look online:

- [methhelp.org.nz](http://methhelp.org.nz)
- [drugfoundation.org.nz](http://drugfoundation.org.nz)
- [alcoholdrughelp.org.nz](http://alcoholdrughelp.org.nz)



WE ARE HERE TO HELP AND SUPPORT YOU. YOU CAN PHONE OUR CALL CENTRE FREE ON 0800 801 601. WE ARE OPEN FROM 8AM - 8PM MONDAY TO FRIDAY AND 24/7 FOR URGENT CALLS.

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**Housing** New Zealand  
Housing New Zealand Corporation