



**the  
TRUTH  
about  
TINA**

**YOU CAN HAVE A GREAT, SATISFYING  
SEX LIFE WITHOUT CRYSTAL.  
MOST GAY MEN DO.**

**IF YOU HAVEN'T STARTED USING TINA, CRYSTAL METHAMPHETAMINE, DON'T. TINA PLAYS ROUGH.**

**REGULAR USE OF CRYSTAL METH CAN LEAD TO UNDESIRABLE WEIGHT LOSS, TOOTH LOSS, BRAIN DAMAGE, DEPRESSION AND IMPOTENCE. YOU ARE MUCH MORE LIKELY TO GET, OR GIVE, HIV OR ANOTHER STD IF YOU USE CRYSTAL. YOU MAY ALSO LOSE YOUR JOB, MONEY, YOUR HOME AND YOUR RELATIONSHIPS BECAUSE OF TINA.**

**IF YOU USE CRYSTAL METH, SEEK SUPPORT TO QUIT.**

**IF YOU ARE NOT READY TO QUIT...**

- **STAY HYDRATED**
- **KEEP YOUR BODY NOURISHED. TRY PROTEIN BARS OR ENSURE**
- **BRUSH AND FLOSS YOUR TEETH EVERY DAY**
- **USE CONDOMS AND PLENTY OF LUBE**
- **TEST FOR STDS AND HIV EVERY THREE MONTHS**
- **SLEEP**

**PLAN YOUR USE SO YOU DON'T...**

- **MISS WORK**
- **SPEND MORE THAN YOU INTENDED**
- **DO THINGS YOU'LL REGRET**

**CALL 800.243.2437**

**(9AM -10PM M - F, 10AM - 6PM WEEKENDS)  
FOR RESOURCE INFORMATION,  
INCLUDING STD/HIV TESTING.**

**THE CHICAGO  
TASK FORCE ON  
LGBT SUBSTANCE  
USE AND ABUSE**