

# MDMA >>



- > FROM: SYNTHETIC DRUG MADE IN A LAB
- > TYPE: STIMULANT WITH MILD HALLUCINOGENIC EFFECTS
- > LOOKS: PILLS - WHITE OR COLOURED, DIFFERENT SHAPES OFTEN WITH DESIGN STAMPED ON POWDER WHITE OR GREY CRYSTALS
- > TASTES: BITTER & UNPLEASANT
- > WHAT GETS ME HIGH?: METHYLENEDIOSYMETHAMPHETAMINE
- > TAKEN: SWALLOWED, SNORTED, GUMMED OR BOMBED
- > KICKS IN: DEPENDS - USUALLY AROUND 20 MINUTES TO AN HOUR IF TAKEN ORALLY
- > LASTS: DEPENDS - THE HIGH USUALLY LASTS A FEW HOURS



WHAT IS IT?

TYPES

- >> MDMA (POWDER) & ECSTASY (PILLS) ARE THE SAME DRUG IN DIFFERENT FORMS.
- >> WHEN TAKEN ORALLY EFFECTS ARE TYPICALLY FELT AFTER 20 MINS TO AN HOUR & CAN LAST 2-4 HOURS. COME DOWNS CAN LAST FOR DAYS

// POWDER WHITE/GREY CRYSTALS KNOWN AS MDMA, MANDY OR MD. CAN BE GUMMED, BOMBED & SNORTED. START BY TAKING A VERY SMALL AMOUNT TO BEGIN WITH AND WAIT FOR THE EFFECTS TO KICK IN BEFORE DECIDING WHETHER TO TAKE MORE

// PILLS CAN BE WHITE, COLOURED, ROUND, SQUARE OR PRESSED INTO SHAPES. CAN HAVE DESIGNS OR LOGOS STAMPED INTO THEM WHICH GIVE THEM THEIR NAME. ALWAYS START BY TAKING A HALF OR QUARTER OF A PILL FIRST - YOU MAY FIND THAT IS ENOUGH.

!!! BOTH POWDER & PILLS CAN BE CUT WITH OTHER SUBSTANCES (SUCH AS AMPHETAMINES OR CAFFEINE) THAT HAVE SIMILAR EFFECTS BUT ARE CHEAPER TO PRODUCE. SOME PILLS ARE CUT WITH STIMULANTS THAT ARE SLOWER TO KICK IN THAN MDMA LEADING TO USERS TAKING MORE OF THE SUBSTANCE THEN OVERDOSING !!!

THERE'S NO WAY OF KNOWING WHAT'S INSIDE YOUR ECSTASY PILL OR MDMA POWDER UNTIL YOU'VE TAKEN IT. EVEN TESTING KITS MAY NOT FIND EVERYTHING. YOU MAY BE AT RISK FROM OTHER DRUGS & INGREDIENTS ADDED TO THE PILL OR POWDER AS WELL AS TO THE MDMA ITSELF

HOW IT'S USED

**DABBING >>** USING POWDER OR CRUSHING UP PILLS & RUBBING IT ONTO YOUR GUMS - BEST TO START WITH JUST A SMALL AMOUNT OF POWDER & WAIT FOR THE EFFECTS TO KICK IN BEFORE TAKING MORE

**BOMBING >>** SWALLOWING THE DRUG WRAPPED IN A CIGARETTE PAPER - CAN ALSO BE CALLED 'PARACHUTING'. HARDER TO CONTROL THE EFFECTS WITH THIS METHOD AS YOU CAN'T BE SURE WHAT DOSE YOU'RE TAKING & THE EFFECTS WILL KICK IN ALL AT ONCE

**PILLS >>** SWALLOWED - THE AMOUNT OF MDMA IN PILLS VARIES MASSIVELY & SOME PILLS SOLD AS ECSTASY ACTUALLY CONTAIN OTHER MORE DANGEROUS DRUGS THAT TAKE LONGER TO KICK IN. IT'S BEST TO START WITH A QUARTER / HALF & WAIT FOR THE EFFECTS TO KICK IN BEFORE TAKING MORE

**SNORTING >>** EITHER POWDER OR CRUSHED UP PILLS INHALED THROUGH YOUR NOSE. THE EFFECTS CAN KICK IN MORE QUICKLY BUT TEND NOT TO LAST QUITE AS LONG SO USERS MAY FEEL THE NEED TO REDOSE

HOW LONG THE EFFECTS LAST & THE DRUG STAYS IN YOUR SYSTEM DEPENDS ON HOW MUCH YOU'VE TAKEN, YOUR SIZE, WHETHER YOU'VE EATEN & IF YOU'VE TAKEN ANY OTHER SUBSTANCES

HOW YOU'LL FEEL

- >> EUPHORIA - AN EXHILARATING RUSH OF 'COMING UP'
- >> REALLY HAPPY - HENCE THE NAME 'ECSTASY'
- >> 'LOVED UP' - AFFECTION & EMPATHY FOR PEOPLE YOU'RE WITH INCLUDING STRANGERS
- >> CHATTY & CONNECTED - YOU MAY FEEL LESS INHIBITED & IN TUNE WITH YOUR SURROUNDINGS
- >> ENERGISED AND ALERT - YOU MAY FEEL LIKE DANCING & MUSIC MAY SOUND MORE INTENSE

- SOME USERS HAVE REPORTED FEELINGS OF:
- > ANXIETY
  - > PANIC
  - > CONFUSION
  - > PARANOIA & EVEN PSYCHOSIS

- THE WAY YOU FEEL CAN DEPEND ON:
- // HOW MUCH YOU TAKE
  - // HOW STRONG IT IS
  - // HOW OFTEN YOU USE IT
  - // HOW YOU'RE FEELING BEFOREHAND
  - // WHO YOU'RE WITH
  - // WHERE YOU ARE



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## KNOW THE RISKS...



### SOCIAL IMPACT

COMEDOWNS CAN LEAVE YOU FEELING EXHAUSTED & LOW - THIS MAY MAKE IT HARDER TO GET UP FOR WORK, COLLEGE OR SCHOOL OR TO JOIN IN ACTIVITIES YOU ENJOY

THE DISORIENTATING EFFECTS OF MDMA MAY MAKE ACCIDENTS MORE LIKELY INCREASING THE RISKS OF INJURY

PEOPLE FEEL VERY CHATTY & UNINHIBITED ON MDMA, WHICH MAKES THEM OPEN UP AND TALK ABOUT THINGS THEY MIGHT NOT DO NORMALLY. YOU MAY MAKE DECISIONS YOU WOULDN'T WHEN YOU'RE SOBER

MDMA CAN INCREASE SEXUAL DESIRE. YOU MAY DO THINGS YOU REGRET THE NEXT DAY OR BE VULNERABLE TO EXPLOITATION (PEOPLE USING YOU)

PEOPLE CAN DEVELOP A PSYCHOLOGICAL DEPENDENCE TO MDMA'S EFFECTS OF EUPHORIA & CALMNESS & THE FEELINGS OF CONNECTION WITHIN THE CLUB SCENE ASSOCIATED WITH IT

MDMA CAN IMPACT SHORT TERM MEMORY WHICH CAN MAKE IT HARDER TO CONCENTRATE IN SCHOOL

PEOPLE AROUND YOU MIGHT WORRY ABOUT YOUR MDMA USE - THIS MIGHT LEAD TO ARGUMENTS WITH FAMILY OR FALLING OUT WITH FRIENDS, WHICH COULD LEAVE YOU FEELING ISOLATED

MDMA IS ILLEGAL TO POSSESS SO USING IT RUNS THE RISK OF GETTING IN TROUBLE WITH THE POLICE. REGULAR USE CAN BE EXPENSIVE & SOME PEOPLE SHOPLIFT OR START SELLING DRUGS TO PAY FOR WHAT THEY USE

### IMPACT ON YOUR BODY

>> DILATED PUPILS

>> TINGLING SENSATIONS

>> TIGHTENING OR MOVING OF THE JAW MUSCLES 'GURNING'

>> RAISED BODY TEMPERATURE

>> FASTER HEARTBEAT

>> NAUSEA

>> USE OF MDMA HAS BEEN LINKED TO LIVER, KIDNEY & HEART PROBLEMS

>> SOME USERS REPORT GETTING COLDS & SORE THROATS MORE OFTEN

>> ANYONE WITH A HEART CONDITION, BLOOD PRESSURE PROBLEMS, EPILEPSY OR ASTHMA CAN HAVE A VERY DANGEROUS REACTION TO THE DRUG

>> MDMA AFFECTS THE BODY'S TEMPERATURE CONTROL DANCING FOR LONG PERIODS IN A HOT ATMOSPHERE, LIKE A CLUB, INCREASES THE CHANCES OF OVERHEATING & DEHYDRATION SO DRINKING WATER IS IMPORTANT

>> DRINKING TOO MUCH WATER CAN ALSO BE DANGEROUS AS MDMA CAN CAUSE THE BODY TO RELEASE A HORMONE WHICH STOPS IT MAKING URINE. IF YOU DRINK TOO QUICKLY YOU MIGHT AFFECT YOUR BODY'S SALT BALANCE, WHICH CAN BE AS DEADLY AS NOT DRINKING ENOUGH WATER

### IMPACT ON YOUR MIND

SOME USERS REPORT BAD EXPERIENCES - PARTICULARLY WHEN USING HIGH DOSES OR WHEN FEELING ANXIOUS BEFORE USING:

- >> ANXIETY
- >> PANIC ATTACKS
- >> CONFUSED EPISODES
- >> DISTORTION OF THE SENSES
- >> PARANOIA & EVEN PSYCHOSIS

REGULAR USE MAY LEAD TO

- >> SLEEP PROBLEMS
- >> LACK OF ENERGY
- >> LACK OF APPETITE
- >> FEELING DEPRESSED OR ANXIOUS

COMEDOWN >> AFTER TAKING MDMA USERS MAY FEEL VERY TIRED & LOW & NEED A LONG PERIOD OF SLEEP TO RECOVER THIS MAY LAST UP TO THREE OR FOUR DAYS & CAN INCLUDE SHORT TERM MOOD CHANGES & IMPAIRMENTS IN SHORT TERM MEMORY FUNCTION

RESEARCHERS AGREE MDMA USE CAN DEplete LEVELS OF SEROTONIN &, IN SOME CASES, HAVE AN IMPACT ON CERTAIN AREAS OF THE BRAIN. HOWEVER, THERE'S NO AGREEMENT THAT THIS IS IRREVERSIBLE 'BRAIN DAMAGE'

SOME RESEARCH SUGGESTS PROLONGED MDMA USE, PARTICULARLY AT HIGH DOSES, CAN CAUSE A DEGREE OF MEMORY DEFICIENCY & PERIODS OF DEPRESSION

### THE LAW

MDMA IS A CLASS A DRUG, WHICH MEANS IT'S ILLEGAL TO HAVE FOR YOURSELF, GIVE AWAY OR SELL.

POSSESSION CAN GET YOU UP TO 7 YEARS IN PRISON, AN UNLIMITED FINE OR BOTH.

POSSESSION WITH INTENT TO SUPPLY SUPPLYING SOMEONE ELSE (EVEN YOUR MATES) CAN GET YOU LIFE IN PRISON, AN UNLIMITED FINE OR BOTH.

LIKE DRINK-DRIVING, DRIVING WHEN HIGH IS DANGEROUS & ILLEGAL. IF YOU'RE CAUGHT DRIVING UNDER THE INFLUENCE YOU MAY RECEIVE A HEAVY FINE, DRIVING BAN, OR PRISON SENTENCE.

IF THE POLICE CATCH PEOPLE SUPPLYING ILLEGAL DRUGS IN A HOME, CLUB, BAR OR HOSTEL, THEY CAN POTENTIALLY PROSECUTE THE LANDLORD, CLUB OWNER OR ANY OTHER PERSON CONCERNED IN THE MANAGEMENT OF THE PREMISES

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## IS IT ADDICTIVE?

MDMA IS NOT PHYSICALLY ADDICTIVE BUT THE DRUG CAN OFTEN TAKE ON A GREAT LEVEL OF IMPORTANCE IN PEOPLE'S LIVES

SOME USERS REPORT HAVING THE BEST TIMES OF THEIR LIVES WHEN USING THE DRUG - THE FEELING OF EUPHORIA, CALMNESS & CONNECTION, AS WELL AS BEING PART OF A CLUB SCENE, CAN PROVE TO BE VERY APPEALING TO SOME USERS & BE HARD TO GIVE UP

YOU MAY DEVELOP A PSYCHOLOGICAL DEPENDENCE, WHICH IS A STRONG DESIRE TO KEEP ON USING EVEN IF YOU THINK YOUR USE IS HAVING HARMFUL CONSEQUENCES

IT'S POSSIBLE TO BUILD UP TOLERANCE TO MDMA WHEN USED REGULARLY, WHICH MEANS PEOPLE NEED TO TAKE MORE OF THE DRUG TO GET THE SAME BUZZ

## SIGNS OF A MEDICAL EMERGENCY

DEATHS CAUSED DIRECTLY BY MDMA ARE RARE - MOST ARE CAUSED WHEN MDMA IS COMBINED WITH OTHER DRUGS/ALCOHOL OR AS A RESULT OF DEHYDRATION AND HEATSTROKE. PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS, PARTICULARLY HEART PROBLEMS, ARE AT HIGHER RISK.

**HYPERTHERMIA (HEATSTROKE)** >> MDMA RAISES CORE BODY TEMPERATURE & REDUCES THE ABILITY TO COOL DOWN BY SWEATING. STAYING HYDRATED CAN HELP BUT DANCING CAN CAUSE BODY TEMPERATURE TO REACH DANGEROUS LEVELS. THIS CAN LEAD TO COLLAPSE & ORGAN FAILURE, WHICH COULD PROVE FATAL.

**SIGNS & SYMPTOMS** >> FLUSHED FACE/HOT, RED, DRY SKIN/NAUSEA/VOMITING/HEADACHES/DIZZINESS/CONFUSION

**HYPONATREMIA** >> MDMA-RELATED DEATHS HAVE BEEN ATTRIBUTED TO AN IMBALANCE OF SODIUM (SALT) IN THE BODY CAUSED BY EITHER DRINKING TOO MUCH FLUID OR BY YOUR BODY RETAINING WATER AS YOU CANNOT PEE.. THIS CAN CAUSE THE BRAIN TO SWELL & PRESS AGAINST THE SKULL, LEADING TO DEATH IN SOME CASES.

**SIGNS & SYMPTOMS** >> HEADACHE/NAUSEA/VOMITING/ CONFUSION/ LETHARGY/SPASMS/CRAMPS/SEIZURES/ DECREASED CONSCIOUSNESS/ COMA

IF YOU SEE ANY OF THESE SIGNS IN YOUR MATES CALL 999 IMMEDIATELY. CHECK THEIR AIRWAY & BREATHING, IDEALLY PUT THEM IN THE RECOVERY POSITION & KEEP THEM COOL. TRY TO KEEP THEM CALM & TALK TO THEM WHILST YOU WAIT FOR HELP

## HOW IT WORKS

AFTER TAKING MDMA IT ENTERS THE BLOODSTREAM & CROSSES INTO THE BRAIN - LIKE OTHER AMPHETAMINES IT INCREASES THE RELEASE OF NEUROTRANSMITTERS & BLOCKS THEIR REUPTAKE - THE FLOOD OF SEROTONIN, DOPAMINE & NORADRENALINE NEUROTRANSMITTERS IN YOUR BRAIN MAKES YOU FEEL EUPHORIC

**SEROTONIN** >> IMPACTS MOOD, SLEEP, APPETITE, MEMORY & SEXUAL AROUSAL - WHICH IS WHY YOU CAN FEEL HAPPY, MORE SOCIAL & MAY HAVE INCREASED DESIRE FOR INTIMACY

**DOPAMINE** >> INCREASES ENERGY LEVELS - THIS IS WHY YOU MAY WANT TO DANCE

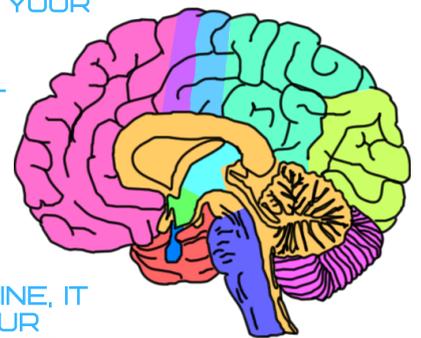
**NORADRENALINE** >> INCREASES YOUR HEART RATE - YOU MAY NOTICE IT BEATING IN YOUR CHEST

**COME DOWNS** >> MDMA DOESN'T MAKE EXTRA SEROTONIN OR DOPAMINE, IT JUST CAUSES YOUR BRAIN TO RELEASE MORE WHICH DIGS INTO YOUR BRAINS RESERVES - LEAVING YOU SHORT ON THE NEUROTRANSMITTER AFTER USING MDMA. THIS IS WHY YOU WILL EXPERIENCE A COMEDOWN WHERE YOU FEEL TIRED, IRRITABLE & DEPRESSED FOR DAYS AFTER USING MDMA

**SEROTONIN SYNDROME** >> RESULT OF YOUR BODY RELEASING TOO MUCH OF THE NEUROTRANSMITTER SEROTONIN WHICH CAN BE FATAL. IF YOU TAKE ANTI-DEPRESSANT DRUGS KNOWN AS 'SEROTONIN RE-UPTAKE INHIBITORS' AS WELL AS MDMA YOU ARE MORE AT RISK OF SEROTONIN SYNDROME.

**MAIN SYMPTOMS** >> RIGID, JERKY, TWITCHY UNUSUAL MOVEMENTS/LEGS SHAKING/FULLY DILATED PUPILS/ OVERHEATING/SHIVERING/RACING HEART/ AGITATION/CONFUSION

IF YOU SEE SIGNS OF THIS IN YOUR MATES CALL 999 FOR AN AMBULANCE IMMEDIATELY. IT'S IMPORTANT NOT TO HOLD PEOPLE IN THIS STATE DOWN AS IT MAY CAUSE MORE DAMAGE, STARTLING SOMEONE COULD LEAD TO HEART FAILURE SO TRY TO KEEP THE PERSON RELAXED & CALM



# MDMA >>



## HARM REDUCTION

**KEEP COOL>>** TAKE REGULAR BREAKS FROM DANCING & RELAX. WEAR LOOSE CLOTHING OR LAYERS YOU CAN TAKE OFF TO LET HEAT ESCAPE

**STAY HYDRATED>>** SIP WATER (ONE PINT AN HOUR) OR ANOTHER NON-ALCOHOLIC DRINK SLOWLY

**SALT LEVELS>>** KEEP THEM BALANCED BY DRINKING AN OCCASIONAL FRUIT DRINK OR ISOTONIC SPORTS DRINK TO REPLENISH ELECTROLYTES

**STRENGTH>>** NEVER TAKE A WHOLE PILL IN ONE GO, EVEN IF YOU'VE TAKEN THEM BEFORE STRENGTH CAN VARY. START WITH A QUARTER OR A SMALL AMOUNT OF POWDER & WAIT AN HOUR TO SEE HOW YOU FEEL.

**PURITY>>** THERE'S NO WAY TO KNOW WHAT IS IN AN MDMA PILL OR POWDER UNLESS YOU CAN GET IT TESTED. EVEN PILLS/POWDERS THAT LOOK THE SAME MAY CONTAIN COMPLETELY DIFFERENT SUBSTANCES OR NO MDMA AT ALL!

**CRUSH DAB WAIT>>** CRUSHING PILLS INTO A POWDER & DABBING A WET FINGER IN TO RUB ON YOUR GUMS & WAITING TO SEE HOW STRONG THE EFFECTS ARE CAN HELP KEEP YOU IN CONTROL

**MIXING>>** ANY TIME YOU MIX DRUGS TOGETHER YOU TAKE ON NEW RISKS. USING OTHER STIMULANTS OR ALCOHOL IS PARTICULARLY RISKY. IF YOU'RE ON ANTI-DEPRESSANT MEDICATION THAT BOOSTS SEROTONIN YOU ARE AT GREATER RISK OF DEVELOPING POTENTIALLY FATAL SEROTONIN SYNDROME

**SNORTING>>** THE EFFECTS COME ON FASTER BUT WEAR OFF QUICKER LEADING TO YOU USING MORE & MORE - IT CAN ALSO CREATE A NASTY DRIP & TASTE TO THE BACK OF THE THROAT & MAY DAMAGE THE LINING OF THE NOSE - TAKING MDMA ORALLY CAN PREVENT THIS

**AVOID>>** YOU CAN BE AT INCREASED RISK OF BAD REACTIONS TO MDMA IF YOU HAVE A HEART CONDITION, HIGH BLOOD PRESSURE, LIVER PROBLEMS, ASTHMA, EPILEPSY OR DIABETES, SO IT'S BEST AVOIDED

**SETTING>>** DON'T USE ALONE & KEEP AN EYE OUT FOR YOUR MATES. USE IN A SAFE AREA WHERE MEDICAL HELP CAN BE ACCESSED. BE CAUTIOUS OF PEOPLE YOU DON'T KNOW AS YOU MIGHT FEEL MORE FRIENDLY & LOSE INHIBITIONS

**EMERGENCY>>** IF YOU OR A MATE STARTS TO FEEL UNWELL TAKE THEM TO A COOL AREA. IF THEY DON'T COOL DOWN & START TO FEEL BETTER AFTER A FEW MINUTES, CALL 999. DON'T DELAY - IF YOU LEAVE IT TOO LONG IT COULD BE TOO LATE!

**MOTIVATE YOURSELF>>** LOOK AT THE GOOD & BAD THINGS ABOUT USING MDMA & MAKE A LIST. REMIND YOURSELF OF THE REASONS WHY YOU WANT TO CUT DOWN.

**HAVE A PLAN>>** DO YOU WANT TO CUT DOWN OR STOP COMPLETELY? FOCUS ON YOUR GOAL & HOW YOU CAN ACHIEVE IT & REWARD YOURSELF EACH WEEK - MAYBE BUY SOME NEW CLOTHES WITH THE MONEY YOU SAVE BY NOT BUYING MDMA

**SMALL MANAGEABLE STEPS>>** CAN YOU DELAY USING OR USE A BIT LESS. TRY ENJOYING A NIGHT OUT WITHOUT MDMA

**KEEP A RECORD>>** AS WELL AS KEEPING TRACK OF YOUR PROGRESS A DIARY CAN HELP IDENTIFY AREAS OF HEAVY USE WHICH MIGHT HELP YOU THINK ABOUT WHAT TRIGGERS YOU TO USE

**AVOID RISKY SITUATIONS>>** IF GOING TO CERTAIN PLACES OR HANGING OUT WITH CERTAIN MATES MAKES IT MORE LIKELY YOU WILL USE TRY AVOIDING IT FOR A WHILE. IF YOU USE BECAUSE YOU FEEL STRESSED, SAD OR ANGRY LOOK FOR HEALTHIER WAYS TO DEAL WITH THOSE EMOTIONS.

**COPING WITH CRAVINGS>>** CRAVINGS DON'T LAST VERY LONG, IF YOU CAN GET THROUGH THEM THE URGE TO USE WILL PASS. DISTRACT YOURSELF WITH ACTIVITIES YOU ENJOY OR TRY SOMETHING NEW - PUT OFF ACTING ON YOUR CRAVING, IT WILL GET EASIER EVERY TIME

**WITHDRAWAL SYMPTOMS>>** YOU MIGHT NOT GET ANY BUT IF YOU DO THEY WON'T LAST LONG. TAKE CARE OF YOUR BODY BY EATING & SLEEPING WELL. EXERCISE IS GREAT FOR FILLING UP YOUR TIME & INCREASING FEEL GOOD CHEMICALS IN YOUR BRAIN.

**HAVE A BACK-UP PLAN>>** BE PROUD OF ANY CHANGE YOU MAKE & DON'T BEAT YOURSELF UP IF THERE ARE BACKWARDS STEPS NOW & AGAIN. WORK OUT WHAT WENT WRONG & LEARN FROM IT. IT'S NOT EASY BUT YOU CAN DO IT!

**DON'T DO IT ALONE>>** SPEAK TO FRIENDS & FAMILY ABOUT YOUR PLAN - MAYBE YOUR MATES WANT TO REDUCE TOO & YOU CAN ENCOURAGE EACH OTHER. WE ARE WITH YOU ARE HAPPY TO WORK WITH YOU TO HELP WITH ANY OF THE ABOVE - GET IN TOUCH

## TIPS TO QUIT

01743 294700 [srpinfo@wearewithyou.org.uk](mailto:srpinfo@wearewithyou.org.uk)

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