What is MDMA / Ecstasy?

MDMA is the active ingredient in ecstasy. It is a stimulant that speeds up body functions and changes the way you feel.

Did you know?

to be additional and unknown

During use, it can make you feel:

Euphoric Energetic Closer to people Enhanced sensation

Rapid heartbeat Hot / Dehydrated Grinding teeth Decreased appetite

Sick / vomiting Disorientation

Paranoia

Blurry vision

Afterward, signs of a comedown can be:



Low energy

Difficulty sleeping

<u>Irr</u>itability

Low mood / anxiety

Difficulty concentrating

Sweaty Upset stomach

This may last 1-4 days

If someone is experiencing:

Vomiting Blurred vision

Extreme muscle cramps

Anxiety

Fainting Seizures

Then:

Stay with them Find a safe, cool place to calm down Give them a sweet non-alcoholic drink

with open airways

Call 111

Lie them on their side



Be safer with MDMA by:

- > Planning your use and the comedown
- > Using less and waiting an hour before deciding to take any more
- > Drinking water regularly and take breaks to cool down if dancing
- > Avoiding mixing with alcohol, medications and other drugs
- > Using in safe environments
- > Using drug checking services
- > Bringing only what you will use
- > Avoiding while pregnant

Look after yourself by:

> Taking a break to let your brain/ body recover

Consider making changes if:

Using and come downs affecting relationships, study or work

Unpleasant effects outweigh the pleasant effects

Get support to make changes if:

Having low mood or anxiety
Using MDMA weekly or more
Spending more time/money on MDMA
than you want

Always thinking about MDMA

Others are concerned about your MDMA use

Seek professional help if you or someone you know is:

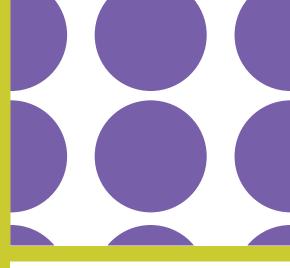
- Using more to get the same effect or feel 'normal'
- > Finding it hard to stop
- Using MDMA to avoid a come down
- Have suicidal thoughts

For support and information contact: Alcohol Drug Helpline Txt 8681 Call 0800 787 797 drugfoundation.org.nz









ABOUT MDMA / ECSTASY



Āta haere i a koe e hōpara I te ao Take care as you explore the world