

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?

In New Zealand, there are likely to be additional and unknown chemicals in a pill/dose of ecstasy.



During use, it can make you feel:

Euphoric	Rapid heartbeat
Energetic	Hot / Dehydrated
Closer to people	Grinding teeth
Enhanced sensation	Decreased appetite

Anxious
Uncoordinated

Sick / vomiting
Disorientation

Paranoia
Blurry vision

Afterward, signs of a comedown can be:



Low energy

Difficulty sleeping

Irritability

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
Lie them on their side with open airways
Call 111



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
optforwellbeing.org



ABOUT MDMA / ECSTASY



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