

What are the risks?

Using MDMA has a number of different risks.

Psychological:

- Feeling of paranoia
- Angry and hostile
- Psychosis
- Mood Instability
- Depression
- Social isolation
- Dependency and addiction
- Suicidal thoughts
- Intense euphoria
- Relapse of mental health conditions
- Mental wellbeing negatively effected
- Reliance on drug for feelings of euphoria and happiness
- Hallucinations

Physical:

- Poor appetite and extreme thirst
- Disturbed sleep patterns
- Increased heart rate with increased risks of heart attack
- Muscle spasms and convulsions
- Increased risks of seizure and stroke
- Sudden death
- Jaw-clenching and teeth-grinding
- Rise in body temperature and blood pressure which can be fatal
- Muscle tension
- Decreased sexual function
- Nausea

Did you know?

Users are at risk of dehydration and hypothermia. Hypothermia is a form of heatstroke that happens when someone has a high fever. Hypothermia has its own risks such as brain and kidney damage or heart failure.

MDMA and the law

MDMA is a class A drug and it is illegal to have, give away or sell.

Possession can get you up to seven years in jail and supplying anyone can get you life and an unlimited fine.

A drug related conviction can seriously impact job prospects and opportunities to travel abroad.

Driving under the influence of MDMA is illegal; you can get a heavy fine, be disqualified from driving or face prison.

Find out more

If you would like more information or support on MDMA or you are affected by someone else's use please contact us at Inclusion Recovery Hampshire.

Information is also available at:

NHS Website: www.nhs.uk

Talk to Frank Website: www.talktofrank.com

HOW TO CONTACT US

NORTH: 01782 639856
StarsNorth@mpft.nhs.uk

EAST: 01283 741053
StarsEast@mpft.nhs.uk

WEST: 01785 270080
StarsWest@mpft.nhs.uk

Or visit: www.staffstars.org

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This leaflet was created by:  **NHS inclusion** Part of Midlands Partnership University NHS Foundation Trust Find out more at www.inclusion.org

MDMA What you need to know!



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What is MDMA?

MDMA (3-4 methylenedioxymethamphetamine), more commonly known as ecstasy, is a chemical first made a hundred years ago.

- Often referred to as the original designer drug because of its high profile links during the late 80s and early 90s with dance music culture.
- Clubbers drug of choice to stay awake and to dance for hours.

The myths

- You cannot have a bad trip on MDMA
- Using MDMA can burn holes in the brain
- The colour and appearance of MDMA indicates what is in it

What is true is MDMA releases serotonin and dopamine to the brain making users feel full of energy.

How is MDMA taken?

There are different ways to take MDMA depending on the form;

- MDMA also known as 'Ecstasy' pills are usually swallowed, although some people choose to crush them up so they are able to smoke or snort them
- MDMA powder can also be 'dabbed' onto the gums.
- Some users wrap MDMA powder in cigarette paper and swallow them (known as 'bombing')

What does MDMA look like?

Pure ecstasy is a powder made of white crystals, known to chemists as MDMA.

MDMA usually comes in the form of pills, known as ecstasy, this is the most widely used form of MDMA. These vary in size, shape, colour and texture, and have logos/symbols on them that reflect the name, such as: Mitsubishi's; 007s; Stars; Pink Panthers; Doves, etc. The pills are produced using MDMA powder plus binders, fillers, colourings and other substances.

It is becoming more common to see it sold as powder and called by its chemical name, MDMA, or 'crystal'.

It has been reported that some dealers pass off new man-made drugs like PMA and 4-MTA and other 'legal highs' as MDMA. Ecstasy pills contain different levels of MDMA (some have been found to contain none).



MDMA can affect the brain by altering the activity of chemical messengers, or neurotransmitters, which enable nerve cells in the brain to communicate with one another.

Research in animals has shown that MDMA in moderate to high doses can be toxic to nerve cells that contain serotonin and can cause long-lasting damage to them.

What are the effects?

MDMA is a synthetic drug that alters mood and perception, it is a stimulant and hallucinogen and has both pleasant and unpleasant effects:

- It makes users feel energised, alert and alive
- People feel 'in tune' with their surroundings, and can make music and colours more intense
- Feelings of love and affection for the people around you (friends and strangers)
- Bad experiences such as anxiety, panic attacks, confused episodes, paranoia and even psychosis
- Physical side effects can include dilated pupils, a tingling feeling, tightening of the jaw muscles, raised body temperature and the heart beating faster
- People using MDMA can become over heated and faint
- Coming-down from MDMA can make you feel low, depressed and in some instances a loss of appetite