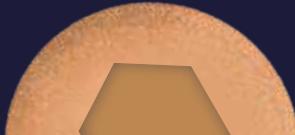


# MIDMIA the facts



ECSTASY

MANDY



# What is MDMA?

**MDMA** is a stimulant or upper drug which is produced in powder and tablet forms.

## How does MDMA make you feel?



Most people will experience intense feelings of:

- excitement and happiness
- being energised and alert
- being 'loved up' – feel affection for those around you



You can also experience negative feelings of:

- confusion
- panic attacks
- memory loss
- anxiety and paranoia

MDMA affects men and women in different ways. During a women's menstrual cycle their changing hormone levels play an important role on women's reaction to MDMA.

## Mandy v Ecstasy

- Some people believe that **Mandy** is much safer than **Ecstasy**. This is **NOT** true.
- **Mandy** and **Ecstasy** are the **SAME** drug - **MDMA**.
- **BOTH** are often cut with other drugs and substances, more dangerous than **MDMA** itself.
- **BOTH** can be dangerous to take – they can cause psychological problems including panic attacks, confusion, anxiety, depression, memory loss and physical problems including risks associated with the liver, kidneys and the heart.
- **Mandy** is **NOT** more pure than **ecstasy**.

# Know the Risks

# keep yourself safer

- Using MDMA is risky

- It is impossible to look at a pill or powder and know what's in it or how strong it is

- Other substances may have been added which can have unpredictable effects an increase the chances of overdosing

- Experience a 'bad trip'

- Experience a feeling of being out of control of your body

- MDMA use increases body temperature and can lead to dehydration and overheating

- Drinking too much water can lead to swelling of the brain

- Don't use MDMA

- Use a small amount (1/4 of a pill or no more than 1/10 of a gram if swallowing powder, less if snorting)

- Wait at least 2 hours before taking any more so you can feel the effects of the drug

- Don't take all you have in one go – pace yourself

- Be around people you know and trust

- Stick to familiar places

- Use small amounts of MDMA and wait to feel the effect- MDMA affects everyone differently and the effects can last hours after using

- Sip water at regular intervals – no more than a pint of water every hour

- Mixing **MDMA** with other drugs including alcohol increases the risk of becoming ill and/or overdosing
- **MDMA** can cause you to clench your jaw and grind your teeth leading to mouth and teeth problems
- Do not use **MDMA** with other drugs, including alcohol
- Chew plenty sugar free chewing gum

## How long does it last?



- The effects of **MDMA** are likely to last 2 to 4 hours, although this can vary depending on the purity, how it's taken and the amount you take.
- **Mandy** is the powder version of **MDMA** which is usually off white in colour and can be snorted or bombed (wrapped in cigarette paper then swallowed).
- **Ecstasy** is the pill version of **MDMA**. Pills come in a variety of shapes and colours. Some pills come stamped with the logos of famous brands.

## The 'Comedown'



At some point in the days after using **MDMA**, you are likely to experience a comedown. This is a feeling of depression and low energy levels which can last for several days after using **MDMA**. Keep hydrated and get extra rest if possible during this time. Remember this feeling will eventually pass.

# What to do if you think someone has overdosed on (or taken too much) MDMA

**DO**

Call an ambulance right away – the quicker an ambulance is called the less likelihood there is of serious illness or death.

**DO**

Place them in the recovery position.

**DO**

Make sure you're in control of how much you use.

**DO**

Make sure your mobile phone is topped up and fully charged before going out.

**DON'T**

Just wait to see if they improve.

**DON'T**

Try to deal with it yourself, it could make the situation a lot worse

**DON'T**

Leave them on their own



# Contact

If you're a young person in Midlothian and would like free and confidential support and information around alcohol and drugs contact:

**Midlothian Young People's Advice Service (MYPAS)**

Tolbooth Hall, 176 High Street, Dalkeith, Midlothian, EH22 1AY

**Tel:** 0131 454 0757

**Email:** [enquiries@mypas.co.uk](mailto:enquiries@mypas.co.uk)

**Web:** [www.mypas.co.uk](http://www.mypas.co.uk)

If you're a young person in East Lothian and would like support and information around alcohol and drugs contact:

**Children's Services East Lothian Council**

**Tel:** 01875 824334

**Tel:** 01620 822 461

**Web:** [www.meldap.co.uk](http://www.meldap.co.uk)

Other places you can get free and confidential information and support include;

**Talk to Frank-** 0300 123 6600 [www.talktofrank.com](http://www.talktofrank.com) or

**Know the Score-** 0800 587 5879 [www.knowthescore.info](http://www.knowthescore.info)

