

# 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.
- **Mandy** is **NOT** more pure than **Ecstasy**.

## 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

**DON'T**

Leave them on their own

**DO**

Place them in the recovery position

**DON'T**

Just wait to see if they improve

**DO**

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

**DON'T**

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



## Contact

If you're a young person 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)

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)

