

What Support Can You Get?

If you want to speak to someone about your MDMA / ecstasy use, or the use of someone you care about, then call us on 0800 014 9819.

The Pavilions helpline is a freephone number and is available for information and advice 24 hours a day.

You can also call directly on 01273 731 900 to book an appointment, or organise a referral.

If you would prefer to come in and talk to us in person, then you can pop into our drop-in sessions on Mon - Fri, 10am - 4pm for a coffee and an informal chat. You don't need an appointment, you can just turn up to 26 Ditchling Road or 9 The Drive. In addition there is a women-only drop in at 11 Richmond Place on Tuesdays and Thursdays 10am - 2.45pm.



We also have a dedicated LGBT worker at the service. If you would prefer to contact them directly please ring 07884 476 634.

Information, advice and other tools are available to download from our website.

Freephone 0800 014 9819

www.pavilions.org.uk

 **@Pavilions_org**



Service Commissioned
by Brighton & Hove City
Council

Ever asked yourself if you have a problem with MDMA / Ecstasy?

Maybe it's time to call Pavilions on 0800 014 9819?

Worried about MDMA / Ecstasy?



What is MDMA?

MDMA, or methylenedioxymethamphetamine, is the chemical name for Ecstasy. It was first made by two German chemists in 1912. It emerged in a big way on dancefloors and in clubs in the late 80s and early 90s, as clubbers took ecstasy to feel energised, happy, to stay awake and to dance for hours. It is an illegally manufactured drug that usually comes in tablet or capsule form.

Legal Stuff

MDMA is a Class A drug under the Misuse of Drugs Act. It is illegal to possess, give away or sell it. Possession can get you up to seven years in jail and / or an unlimited fine. Supplying someone else, even your friends, can get you up to life imprisonment and / or an unlimited fine. Allowing other people to use it on your property is also illegal.

Driving whilst under the influence of MDMA is illegal (and you can still be unfit to drive the day after using). You can get a heavy fine, be disqualified from driving or go to prison.

Why do people take MDMA?

People take MDMA/Ecstasy because it makes them feel energised, alert and alive. It can make people feel 'in tune' with their surroundings, and can make music and colours more intense. People often experience feelings of love and affection for the people they're with and for strangers around them.

How do people take MDMA?

The appearance of ecstasy varies, ranging from brown, white or pink tablets to yellow, clear, red and black or red and yellow capsules. Some pills have pictures, designs or logos on them. It can also come in powder form known as 'MDMA powder', although it is less common than ecstasy tablets or

capsules. Ecstasy is also very occasionally sold as crystals. It is usually taken orally, but it may also be snorted. The effects take about half an hour to kick in and tend to last between 3 to 6 hours, followed by a gradual comedown.

The Dangers of MDMA

- Between 1996 & 2012, in England & Wales, there were 577 deaths in which MDMA was recorded on the death certificate.
- It affects the body's temperature control. Dancing for long periods, somewhere hot like a club, increases the chances of overheating and dehydrating, however drinking too much can also be dangerous. It can cause the body to release a hormone which stops it making urine. Drink too quickly and it affects your body's salt balance, which can cause swelling of the brain and be as deadly as not drinking enough water.
- Short-term effects can include anxiety, panic attacks, confused episodes, paranoia and psychosis.
- The comedown can make people feel lethargic and depressed.
- Evidence suggests long-term users can also suffer memory problems and may develop depression and anxiety in the long term.
- Using MDMA has been linked to liver, kidney and heart problems.
- Some users report getting colds and sore throats more often, which may be partly due to staying awake for 24 hours, which can run down your immune system.
- Anyone with a heart condition, blood pressure problems, epilepsy or asthma can have a very dangerous reaction to the drug.

Harm Reduction Advice

Dosage:

- **Pills:** take a ¼ of a pill maximum.
- **Powders:** take no more than 1/10th of a gram if swallowed, and less if snorting (1/10th gram is about the same as three or four grains of rice).
- Give it time to take effect & wait at least two hours before using any more.
- If you want to take more don't take everything in one go. Use maybe half as much as you did for the first dose.

Hydrating:

- Drink water before you go out so that you are properly hydrated.
- Keep an eye on how much water/soft drink (non-caffeinated) you're drinking. Sports recovery drinks (not energy drinks) are good for replacing fluids & vital chemicals. Sip it & don't drink more than a pint of water/soft drink every hour.
- Too little and too much water are both dangerous. Dehydration increases risk of overheating. Too much can cause life-threatening swelling to the brain.
- Don't worry if you can't pee; it's a side effect of MDMA and doesn't mean you are dehydrated.

Overheating:

MDMA can cause body temperature to go dangerously high, so:

- Take regular breaks from the dance floor to cool down & relax.
- Take off hats & jackets.
- Try & go outside and get some fresh air.
- Splash cold water on your face & neck.

Other:

- Chewing gum can help jaw cramps.
- MDMA can make people touchy feely & horny. Stay with friends you trust. Have condoms with you & practise safe sex.