

# Stimulants

## MDMA

Molly, M, Ecstasy

### What is it?

MDMA (Methylenedioxyamphetamin) is a recreational drug that can speed up the heart rate, breathing, thoughts and actions. It can sometimes be considered a hallucinogen as it can alter senses and perceptions. It is made in illegal labs and it is hard to tell what the drug is mixed with. Often, it comes in tablets, but it can be in powder or capsule form. It can be snorted, swallowed or injected.

### Why do people use it?

- ◆ Decrease anxiety and inhibition
- ◆ Higher feelings of empathy, affection and connection to others
- ◆ Enhanced sex drive and sexual experiences
- ◆ Increased energy and reduced need for sleep; often used as a club or rave drug

### What can go wrong?

- ◆ Loss of control of behaviour resulting in decisions like unprotected sex
- ◆ More than moderate amounts may result in extreme anxiety in social settings
- ◆ Dehydration or overheating
- ◆ Hyper-hydration (Drinking too much water) from fear of becoming dehydrated
- ◆ Intense withdrawal symptoms, including severe depression

### How does it work?

MDMA is absorbed in the blood stream, travels up to the brain, and releases natural chemicals related to energy level and mood. These chemicals result in feelings of exhilaration, love and peacefulness.

Information adapted from , [heretohelp.ca](http://heretohelp.ca), [camh.ca](http://camh.ca) & [towardtheheart.com](http://towardtheheart.com)

For more information visit their websites.

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## Harm Reduction

1. Don't use MDMA with other substances.
2. Use a small amount at first. MDMA is not regulated, so there is no way to know what is in your supply.
3. Limit yourself on the amount you are going to use.
4. Use with trusted people in an area that offers drinking water and a place to take a break from dancing.
5. Pay attention to surroundings when inside clubs or venues.
6. Locate water stations and potential cool rooms. Stay hydrated but be careful not to drink too much water.

## Overdose

### What to look for:

1. Fast or no breathing
2. Hot, sweaty, clammy skin
3. Confusion and anxiety
4. Jerking or rigid limbs
5. Rapidly increasing pulse or temperature
6. Seizures
7. Chest pain

### What to do:

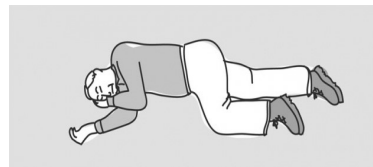
## CALL 9-1-1

### If responsive:

1. Remain calm and stay with the person.
2. Encourage them not to take any more substances and move away from activity and noise
3. Be careful not to overhydrate, but give water or other non sugary decaffeinated drinks
4. Place cool wet cloths on forehead, back of neck, or armpits

### If unconscious:

Put in recovery position as below and stay with them until help arrives.



### Discovery Youth & Family Substance Use Services

Victoria/South Island: 250-519-5313

Cowichan Valley: 250-737-2029

Nanaimo/Ladysmith: 250-739-5790

Oceanside area: 250-947-8215

Mt Waddington area: 250-902-6063

