

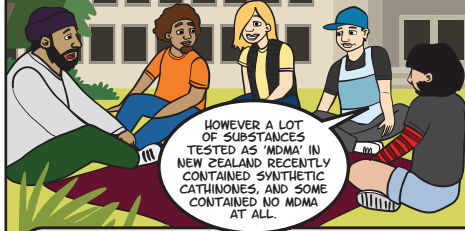
# DID YOU KNOW: MDMA

While no use is safest, use these videos to explore the facts before discussing options.

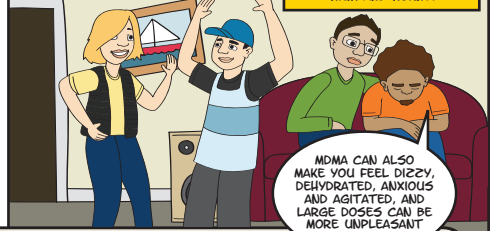
DID YOU KNOW THAT MDMA, KNOWN AS MD, PINGERS, MOLLY OR ECSTASY IS AN ILLEGAL DRUG, OFTEN SOLD AS PILLS, POWDERS, OR CRYSTALS.

YOU MIGHT FEEL MORE ENERGETIC, CONFIDENT, EMOTIONAL, EMPATHIC AND CONNECTED TO OTHER PEOPLE

MDMA FORCES YOUR BRAIN TO RELEASE CHEMICALS THAT MAKE YOU HAPPY, HIGH AND HORNY.



HOWEVER A LOT OF SUBSTANCES TESTED AS 'MDMA' IN NEW ZEALAND RECENTLY CONTAINED SYNTHETIC CATHINONES, AND SOME CONTAINED NO MDMA AT ALL.



MDMA CAN ALSO MAKE YOU FEEL DIZZY, DEHYDRATED, ANXIOUS AND AGITATED, AND LARGE DOSES CAN BE MORE UNPLEASANT

## HOW IT WORKS

MDMA AFFECTS NEUROTRANSMITTERS IN THE BRAIN SUCH AS DOPAMINE, NORADRENALINE AND SEROTONIN, WHICH REGULATES MOOD, SLEEP AND APPETITE.

**EUPHORIA**  
**ENERGY**  
**CONFIDENCE**  
**EMPATHY**  
**CONNECTION**



**OVERHEATING**  
**DEHYDRATION**  
**HEADACHES**  
**TEETH GRINDING**  
**NAUSEA**

IT TAKES TIME FOR THE BRAIN TO REILL THE SEROTONIN STORES, SO FREQUENT MDMA USE WON'T HAVE THE SAME EFFECT AND SHOULD BE AVOIDED.

TAKING MDMA FLOODS THE BRAIN WITH SEROTONIN FROM NATURAL RESERVES WHICH IS THEN BROKEN DOWN. TAKING MORE WON'T HELP AS THE SEROTONIN STORES HAVE BEEN USED UP.

THIS CAN LEAD TO A HANGOVER OR COMEDOWN LASTING A FEW DAYS, WHERE YOU FEEL TIRED, IRRITABLE AND LOW.

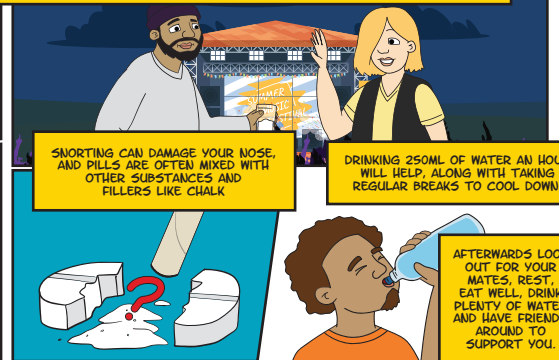
AVOID TAKING MDMA WITH OTHER DRUGS, ESPECIALLY ANXIETY OR DEPRESSION MEDICATIONS AS THIS CAN LEAD TO DANGEROUS SEROTONIN SYNDROME.

IF YOU CHOOSE TO USE WHAT YOU THINK IS MDMA, IT'S BEST TO TEST IT FIRST. YOU CAN DO THIS BY USING DRUG CHECKING SERVICES OR PURCHASING REAGENT TESTING KITS.



REAGENT TESTING KITS CAN SHOW IF MDMA IS PRESENT, BUT NOT IF IT HAS BEEN MIXED WITH OTHER SUBSTANCES.

AFTER TAKING MDMA IT CAN TAKE AN HOUR OR MORE TO FEEL THE EFFECTS. TAKING MORE OR DRINKING ALCOHOL MAY NOT MAKE YOU FEEL ANY HIGHER, AND CAN LEAD TO A WORSE COMEDOWN.



SHORTING CAN DAMAGE YOUR NOSE, AND PILLS ARE OFTEN MIXED WITH OTHER SUBSTANCES AND FILLERS LIKE CHALK

DRINKING 250ML OF WATER AN HOUR WILL HELP, ALONG WITH TAKING REGULAR BREAKS TO COOL DOWN.

AFTERWARDS LOOK OUT FOR YOUR MATES, REST, EAT WELL, DRINK PLENTY OF WATER AND HAVE FRIENDS AROUND TO SUPPORT YOU.

### SO, REMEMBER...

- IF YOU CHOOSE TO USE, LESS IS BEST
- AVOID MIXING MDMA WITH OTHER DRUGS OR ALCOHOL, AND
- ALWAYS LOOK OUT FOR YOUR MATES



WANT TO FIND SUPPORT FOR A YOUNG PERSON IN NEW ZEALAND? CALL THE ALCOHOL AND DRUG HELPLINE ON 0800 787 797

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**AT THE HEART OF THE MATTER, NZ DRUG FOUNDATION.**

Te Tūhapa Tarukino o Aotearoa