

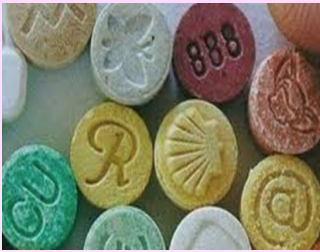
You Might Know MDMA as:

Dizzle Xtc Superman **Rolexs** Pink Superman

Pills Mitsubishiis MDMA **Mandy**

Edolphins **Crystal** Cowies **Brownies**

Molly Beans **MD** Ecstasy



If you're under 18, the police are allowed to tell your parent, guardian or carer that you've been caught with drugs

Effects of MDMA

Sense of Euphoria, Sense of warmth / high sensitivity

Heightened feelings and emotions

Excess sweating (Can lead to hyperthermia)

Dehydration

Anxious and paranoid

Vomiting and black outs

Come downs – you will feel the opposite of being happy and euphoria.

The Law

MDMA IS A CLASS **A** DRUG. This means if you are found carrying (**POSSESSING**) MDMA you could receive:

Up to **7** years in prison, an **UNLIMITED** fine or **BOTH**

If you are found to be selling, dealing or sharing (**SUPPLYING**) MDMA you could receive:

Up to **LIFE** in prison, an **UNLIMITED** fine or **BOTH**

Risking an Overdose ...

1. Mixing drugs! It could be with alcohol, laughing gas or anything else, poses an extremely high risk of overdose.
2. Taking a large amount of a substance (especially when you don't know what is in it.)
3. Mixing MDMA and alcohol—overheating can cause an overdose.
4. Using when tolerance is low.

Recognising the Danger Signs

Signs of a bad reaction can include:

Excessive Sweating	Loss of Consciousness
Flushed or Red Skin	Seizures
Fainting Spells	Panic Attacks

Getting help

If you are concerned for yours or a friends life:

Stay Calm.

Call for an ambulance on **999**. You will **not** get in trouble for saving someone's life

REMEMBER! Be careful with trying to rehydrate someone who has mixed MDMA with alcohol. Drinking too much water can be as deadly as not drinking enough!



The video "How Not to Die from Ecstasy" shows the effects and impact of taking ecstasy and how to get help

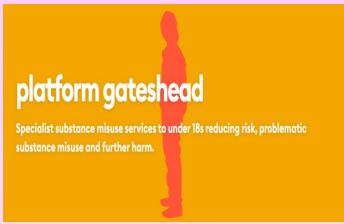
Click on the image to watch the video

**SIGNPOSTING
SUPPORT**

**HELP & SUPPORT
SERVICES**

**FURTHER
INFORMATION**

Click on the images below to find support in your area:



Gateshead



Newcastle



South Tyneside



SORTED– Northumberland



Sunderland



North Tyneside

If you need help:

Speak to a Trusted Adult such as a Parent/ Guardian/ Teacher

If you have any concerns about yourself or someone you know, it is always important to tell someone

Click on the images below for further advice



If you are concerned for your own health or somebody else's



With thanks to Platform Gateshead for providing information

