

## What is MDMA?

MDMA is a stimulant that speeds up body functions and changes the way you feel. It's often sold as pills, powders, or crystals.

## Did you know?

In New Zealand, there are likely to be additional and unknown chemicals in MDMA.



## During use, it can make you feel:

Euphoric	Rapid heartbeat
Energetic	Hot / Dehydrated
Closer to people	Grinding teeth
Enhanced sensation	Decreased appetite

Anxious  
Uncoordinated

Sick / vomiting  
Disorientation

Paranoia  
Blurry vision

## Afterward, signs of a comedown can be:

Low energy

Difficulty sleeping

Irritability

Low mood / anxiety

Difficulty concentrating

Sweaty

Upset stomach

**This may last 1-4 days**

## If someone is experiencing:

Vomiting  
Blurred vision  
Extreme muscle cramps  
Anxiety  
Fainting  
Seizures

## Then:

Call 111 for an ambulance  
Stay with them  
Lie them on their side with open airways  
Find a safe, cool place to calm down  
Give them a sweet non-alcoholic drink



## Be safer with MDMA by:

- > Planning your use and the comedown
- > Using less and waiting an hour before deciding to take any more
- > Drinking water regularly and taking breaks to cool down if dancing
- > Avoiding mixing with alcohol, medications and other drugs
- > Using in safe environments
- > Using drug checking services
- > Bringing only what you will use
- > Not using while pregnant

## Look after yourself by:

- > Taking a break to let your brain/body recover

## Consider making changes if:

Using and comedowns are affecting relationships, study, or work

Unpleasant effects outweigh the pleasant effects

## Get support to make changes if:

Having low mood or anxiety

Using MDMA weekly or more

Spending more time/money on MDMA than you want

Always thinking about MDMA

Others are concerned about your MDMA use

## Seek professional help if you or someone you know is:

- > Using more to get the same effect or feel 'normal'
- > Finding it hard to stop
- > Using MDMA to avoid a comedown
- > Having suicidal thoughts

## For support and information contact:

Alcohol Drug Helpline Txt 8681  
Call 0800 787 797  
[drugfoundation.org.nz](http://drugfoundation.org.nz)  
[wharaurau.org.nz/taiohi.org](http://wharaurau.org.nz/taiohi.org)  
[TheLevel.org.nz](http://TheLevel.org.nz)



## MDMA



Āta haere i a koe e hōpara I te ao  
Take care as you explore the world