

## What is it?

Ecstasy is the slang name for MDMA, which comes in pill form of varying colours, shapes, often with a logo stamped on the front. Names include, yellow nikes, gold bars, white clover and hello kitties.



Drug and alcohol support for **young people**

## Drug & Alcohol Factsheets: Number 3

### Ecstasy

#### What are the risks?

You can never tell exactly what is in a tablet; it could be mixed with other substances and the effects might not be what you expect.

- Mixing ecstasy with alcohol and other substances increases the risks.

- The comedown from ecstasy can make users feel lethargic and low in mood.

- People can feel disorientated, anxious, panicky, confused and nauseous.

- Regular use can lead to sleep problems, weight loss, low mood and anxiety.

- It can affect your body's temperature control which can lead to overheating and dehydration.

- Drinking too much water can be dangerous; Ecstasy can cause the body to release a hormone which stops it making urine

#### What are the effects?

An energy surge that can make users feel alert, alive, in tune with their surroundings and have a heightened sense of colour and sound.

Feelings of calmness, closeness to other, love and empathy.

Some people can have panic attacks or paranoia. Using too much can lead to longer term problems such as psychosis.

Physical effects can include, tightening of the jaw muscles, dilated pupils, raised body temperature and increased heart rate.

**Magic:** the name used for powder MDMA. This is becoming popular in St Helens. The risks and effects are the same as in pill form, but any drug that is sniffed can cause damage to the nose, nosebleeds and risk of infection. Also, like a pill you can never tell exactly what is in a bag of powder.

**The Law:** Class A drug which is illegal to possess, sell or give to another person.

You can get up to 7 years in prison for possession.

#### Staying Safe Tips:

#### Don't Use it!

If people do choose to use they should:

- Not use too much or too often.
- Try a small amount first, if you don't like the effects don't take any more.
- Take breaks from using
- Ensure you keep hydrated, only sip one pint of any non-alcoholic drink an hour.
- Not use alcohol or other drugs at the same time.
- Not use if they have heart or other health problems.

If you or others think you might need to speak to someone about your drug or alcohol use, call us on **01744 675605** or email [ypdaat@sthelens.gov.uk](mailto:ypdaat@sthelens.gov.uk).

For more information visit our website;  
[www.sthelens.gov.uk/ypdaat](http://www.sthelens.gov.uk/ypdaat)