

THINGS TO AVOID:

Impulsivity

These drugs have been proven to increase one's impulsivity which may lead to irrational decision making.

Using multiple substances

The effects of alcohol can be toxic if mixed with other substances (other drugs or medications).

Being alone while using

Always have someone sober with you while you plan to use, in the case that support is needed.

KNOW THE SIGNS OF OVERDOSE AND WHAT TO DO:

- Signs of overdose include overheating, dehydration, nausea, headache, confusion, restlessness, seizures.
- Call 911; stay with the person overdosing, there will be help shortly.
- Keep the person moving around or try to keep them awake if they remain conscious.



GETTING HELP:

On-Campus Resources

The AC Umbrella Project:

algonquincollege.com/umbrellaproject

Counselling Services:

CONFIDENTIAL, non-judgmental, free counselling for students. 613-727-4723 ext. 7200.

Mamidosewin Counselling Services:

CONFIDENTIAL, non-judgmental free counselling with an Aboriginal Counsellor. 613-727-4723 ext. 7186

Health Services:

613-727-4723 ext. 7222

Off-Campus Resources

Rideauwood Addictions and Family Services:

613-724-4881 | rideauwood.org

Ottawa Addictions Access and Referral Services:

613-241-5202 | saato.ca

Centre for Addiction and Mental Health:

camh.ca

The Drug and Alcohol Helpline:

1-800-565-8603 (Toll Free)
drugandalcoholhelpline.ca

SAFER MDMA/
MOLLY/
ECSTASY USE



REDUCE YOUR RISKS
OF EXPERIENCING PROBLEMS DURING
AND AFTER USING MDMA

Inspired By:
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YOU AND SAFER MDMA USE!

MDMA is a mind-altering drug that can cause feelings of happiness and freedom. It can have both stimulant and hallucinogenic effects that can alter our senses and perceptions. Here are some things you can do to lower the risk of bad experiences with these drugs and encourage safer use.

BEFORE YOU START:

Be clear about why you want to use

Is it going to help you in some way or make things worse? It's important not to use these drugs as a way to avoid or cope with problems.

Know your dealer

Make sure you choose someone you know and trust. Since MDMA/ecstasy/molly are illegal, it's hard to ensure you're getting the safest product.

Plan a safer environment

Tell friends if you are planning on using so that you have people to look out for you and make sure that your whole group has a safe way to get home.

WHEN YOU'RE USING MDMA/MOLLY/ECSTASY:

- Swallow MDMA instead of snorting, since it is the safer route.
- Stay hydrated and take breaks. While using MDMA, your temperature can increase, leading to overheating and dehydration.
- Avoid drinking alcohol and using drugs, (including caffeine) to minimize side effects on the body.
- Start with half a pill.



THINGS TO CONSIDER:

Be aware of your health

If you have a known heart condition or family history of heart conditions, you should be aware that MDMA could increase the risk of heart attacks. Symptoms of mental illnesses, including depression, can increase when using psychoactive drugs. It's recommended to treat MDMA as a two-day experience; block off the day after using as you will need to hydrate, rest, and eat.

Know the dose

Play it safe with doses and only re-dose once your high reduces. If it's your first time using, try to stick with less than half a tab, give it some time to feel the effects, and then if necessary, take more.

Be prepared

MDMA causes dry mouth and jaw clenching/grinding. Have water or sugar free gum to relieve dry mouth. Have a soother sucker to help relieve jaw muscle tenderness.

Test it before you ingest it

Drug checking kits are available at AIDS Committee of Ottawa for \$15

Visit: aco-cso.ca/drug-checking

