

BEFORE YOU START

Impulsivity

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

TRY TO AVOID

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.

OVERDOSE PREVENTION AND RESPONSE

- It is best to use mdma/molly/ecstasy with someone else in case of an overdose.
- It is best to stagger your use, this way someone will be alert to help if any help is needed.
- Make sure you have Naloxone kits on hand (you can get them free at any pharmacy).
- If someone overdoses, call 911, (even if you have taken drugs, or have some on you, the good Samaritan law can protect you).
- Administer Naloxone
- Stay with the person until help arrives.



GETTING HELP

Algonquin College Resources

The AC Umbrella Project:
algonquincollege.com/umbrellaproject

Counselling Services:
CONFIDENTIAL, non-judgmental, free counselling for students.
613.727.4723 ext. 7200
algonquincollege.com/counselling

Mamidosewin Counselling Services:
CONFIDENTIAL, non-judgmental free counselling with an Aboriginal Counsellor.
613.727.4723 ext. 7186
algonquincollege.com/mamidosewin

Health Services:
613.727.4723 ext.7222
algonquincollege.com/healthservices

Community 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

**ALGONQUIN
COLLEGE**

Inspired By:

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Umbrella
Project



**SAFER MDMA/
MOLLY/
ECSTASY USE**



**REDUCE YOUR RISKS
OF EXPERIENCING PROBLEMS DURING
AND AFTER USING MDMA**

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 MDMA/Molly/ecstasy as a way of avoiding or coping with problems.

Know your dealer

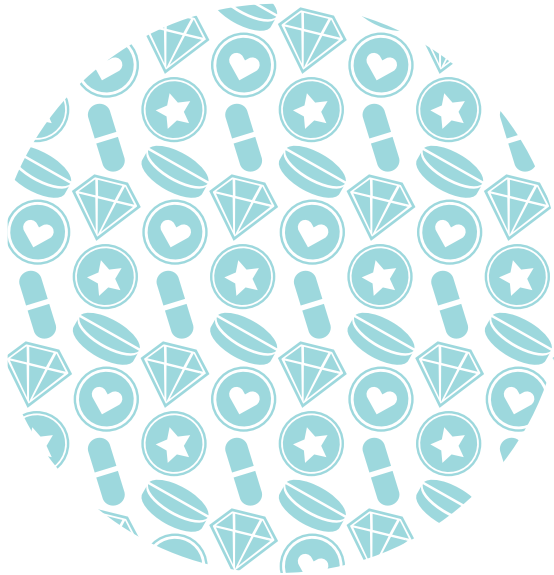
Only buy when you trust the supplier. Since MDMA/ecstasy/molly are illegal, they can be cut with other substances, such as fentanyl, to cut down on production costs. It's best to choose someone you feel safe with and who knows about the drugs they sell.

Plan a safer environment

Before using, plan to be at a safer place for the duration of your high. Plan to have a sober ride home and make sure to buddy with a friend who doesn't plan on using. This can increase safety and support during your high.

WHEN YOU'RE USING MDMA/MOLLY/ECSTASY

- Swallowing MDMA instead of snorting, 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. This way you will ensure that you don't take too much, as you can always take more.



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; it is best to 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

