

# MDMA (Ecstasy)

## WHAT YOU NEED TO KNOW



Do you know of a person using MDMA? However, they declined a referral for support? Here is some helpful information. Please approach conversations with respect and no judgement



### Questions to ask

#### What form of MDMA are you using?

MDMA is available as pills, crystals, or powders. Pills may vary significantly in strength, while crystals or powders are harder to dose accurately. MDMA can also come in the form of Ecstasy- this is usually a colourful pill.

#### How are you using MDMA?

MDMA is usually swallowed, but some people sniff it. Sniffing increases the risk of nasal damage and more intense but shorter-lived effects, which can lead to repeated dosing.

#### Where are you using?

MDMA use often occurs in party or festival environments. Crowded, hot, or overstimulating settings increase risks of dehydration, overheating, or risky behaviors.

Mixing MDMA with alcohol or other drugs, particularly stimulants or depressants, heightens risks of adverse effects, such as dehydration, overheating, or overdose.

### Impact on Health



#### Dehydration + overheating

Risk of overheating, dehydration, or seizures, especially in warm or active environments



#### Liver, Kidney + Heart Problems

Use of ecstasy has been linked to liver, kidney and heart problems.



#### Memory Problems

Repeated use can damage serotonin receptors, leading to long-term mood, memory, and sleep problems.



#### Mental Health Concerns

Psychological risks include depression, anxiety, or emotional dysregulation after the "comedown."

### Harm Reduction



Sip no more than a pint of water or non-alcoholic drink every hour. Drinking too much can be dangerous.



Have a sober sitter or someone not using substances



Take tolerance breaks - Wait at least 1.5-2 hours before redosing to avoid overdosing.



Start by taking either a small amount of powder or a quarter of a pill and wait an hour to let it kick in before you take any more.



Go low and slow if you haven't used in a while or if it's a new batch. (Low doses, take breaks)

### Reducing

While MDMA is not physically addictive, emotional and psychological symptoms like irritability, fatigue, or cravings can occur after frequent use. Tolerance also builds quickly.

#### 1-3 Days

Comedown Phase  
Fatigue, anxiety, irritability, and low mood ("midweek blues").

#### 1-2 Weeks

Mood begins to stabilize  
Emotional sensitivity, lethargy, or sleep disruptions.  
Cravings may persist if MDMA was used frequently or in triggering environments (e.g. parties or festivals).

#### 3-4 Weeks

Most physical and psychological aftereffects resolve.  
Serotonin system typically normalizes, leading to improved mood and energy levels.