

9.4% of adults reported using ecstasy at some point in their lifetime. This makes it the third most commonly used illegal drug in England and Wales.

ECSTASY



THE FACTS

Ecstasy (commonly referred to as MDMA) usually comes in pills in many different shapes and colours, although it is occasionally found as MDMA powder or crystal. It is usually swallowed but may be snorted.

Ecstasy is a stimulant drug which has mild hallucinogenic effects and remains popular with those into the clubbing and dance scene.

The effects of taking a moderate dose start after 20-60 minutes and can last up to several hours.

Those using ecstasy report feeling energetic yet calm, with an enhanced sense of surroundings.

If you are concerned regarding your ecstasy use, please scan the QR code below or call 01253 311431



For 25s and over

HORIZON
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RISK AND HARM REDUCTION

Some people report feeling anxious and confused after using ecstasy and the comedown may take several days, causing people to feel depressed and tired.

Some evidence links ecstasy use to memory problems, depression, heart, kidney, and liver problems and those with high blood pressure, liver, or psychiatric problems should avoid its use.

There is no way of knowing what exactly is in an ecstasy pill so it is always best to start low (with 1/4 of a tablet) go slow or if possible get the pill tested before use.

If using ecstasy whilst dancing, it can lead to dehydration and overheating, however it is important not to drink too much to counteract this. Rather, sip one pint of nonalcoholic liquid an hour and take time out to cool down and rest.

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