

METHYLENEDIOSYMMETHAMPHETAMINE (MDMA)



MDMA is an active ingredient in ecstasy, is a known stimulant that speeds up the body's functions altering how the user is feeling. One of the MDMA mechanisms of action involves initiating a large release of the hormone serotonin (sometimes referred to as the happy hormone), resulting in an overwhelming sense of joy, excess energy and euphoria.

On the unpleasant side, some symptoms MDMA can cause the user to experience are:

- a rapid heart rate
- Increased anxiety
- Paranoia
- Disorientation
- An urge to grind teeth
- Increase nausea and vomiting
- Impaired vision
- Incoordination

Given there is a lot of knowledge and significant research findings on MDMA drug mechanisms, and the fact MDMA induces a predictable high, and comedown period, the drug itself could be considered less harmful than other stimulants. However this drug can be laced with other harmful substances which usually is unknown to the person taking the drug.

Synthetic cathinone's (often called 'bath salts' in New Zealand) are the substances commonly laced with MDMA. These stimulants pose great risk for those who decide to take MDMA as they can be three times as strong, with similar effects to MDMA (Intense happiness, energized, increased empathy, euphoria etc.) for 30-45 minutes before becoming unpredictable.

With the positive effects lasting for a much shorter period than pure MDMA it could trigger re-dosing (taking more drug's to chase the high) which in turn will massively increase the negative effects and heightens the comedown intensity (not very pleasant at all).

Some negative experiences that could be expected if using bath salts include psychosis, extreme rage, excess agitation, and many other detrimental effects, causing one to act and feel differently than they would sober.

Seek Professional Help if you or someone you know is:

- Feeling the need to re-dose on multiple occasions



- Excessive and regular use of MDMA to feel 'normal'
- Inability to attend social gatherings without MDMA
- Finding it difficult to stop using
- Using MDMA to avoid a comedown
- Prioritising money for MDMA before food, rent or bills
- Having suicidal thoughts