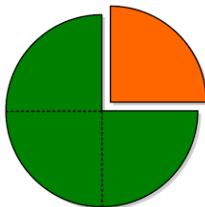


Harm reduction advice for using Ecstasy/MDMA



When you are taking ecstasy - there is no way of knowing how much MDMA is in the pill. In recent years ecstasy has been known to be much stronger than it was.

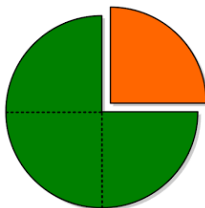
Always start by only taking a quarter of the pill (orange piece)



WAIT



If you feel ok and you choose to – take another quarter (orange piece)



Again wait 30
Minutes



And so on.....

Whilst using MDMA make sure you keep yourself hydrated

Over each 1-hour period drink 500ml of water



Don't over drink as there is a danger of over drinking which can lead to drowning

If you are concerned about how you feel or how someone else is presenting do not hesitate to call 999 they will not judge you!



REACH SPOC (Dorset Young People)
Tel :0800 0434656 -select option 2
ypreferrals@edasuk.org