

EMPATHOGENS

They can make you feel connected, loved, warm and understood. they can also cause mood swings and make you feel low and depressed, especially for a day or two after a session. Empathogens include MDMA (ecstasy, molly), MDA and MDAI. Some anti-depressants work in a similar way to empathogens.

MDMA CRYSTAL AND POWDER

Crew reports that 40% of ecstasy use at festivals refers to MDMA crystal or powder. It is most commonly swallowed in a "bomb," which is powder wrapped in a cigarette paper or dabbed on the tongue.

ECSTASY PILLS

The other 60% of ecstasy use at festivals tends to be in pill form. Pills are usually brightly coloured and pressed into shapes.

DOSE

The MDMA content of ecstasy pills has continued to increase. We don't have reliable Scottish data, but most ecstasy pills in Scotland are imported from the Netherlands. Data from the Trimbos Institute's Drug information and Monitoring System in The Netherlands has shows that in **2018 ecstasy pills contained an average of 171 mg of MDMA.** (Similar studied in Switzerland showed an average of 165.6 mg of MDMA there.)

One dose of MDMA for an average person is considered to be around 80 mg (should not be taken as a recommendation). This means that, on average, one pill contains more than one dose. **Start with a half or a quarter.** Even if a pill looks the same and was part of the same batch, the amount of MDMA in it can vary (up to 136 mg difference according to a 2019 study published in Drug Testing and Analysis).

EFFECTS

It can make you feel: chatty, euphoric, more connected to music and others

Physically it: increases your heart rate and body temperature, can give you visual trails, enhances colour and sound, jaw tension/clenching, dilated pupils, difficulty urinating

Long term: can lead to increased feelings of unease, a chronic low mood and more difficulty in managing feelings of anxiety.

If you don't feel the effects of a pill after an hour, try to not take anymore. It might be that the pill is '**slow releasing**' and just hasn't kicked in yet.

Signs of MDMA toxicity: agitation, confusion, uncontrolled body movements or tremors and overheating.

Always look out for friends and call 999 in an emergency. Don't be afraid to say what you or your friends have taken in case of an emergency.