

Drinking alcohol or taking drugs while you are pregnant or breastfeeding may also cause your baby to suffer from:

- Drug addiction
- Sudden infant death syndrome (SIDS)
- Attention and/or learning difficulties
- Facial abnormalities
- Damaged organs and limbs

If you, a family member, or a friend want 'Help and support' turn to the back page.

Possession, use and distribution of ecstasy is illegal within Australia.

Help and support

DirectLine

Tel: 1800 888 236

24 hours, 7 days a week

Confidential AOD counselling and referral line

Family Drug Help

Tel: 1300 660 068

Monday to Friday 9am-9pm

Youth Support & Advocacy Service

Tel: 1800 014 446

24 hour toll free service

Service for people aged 12 – 21 years

Turning Point Alcohol & Drug Centre

Tel: 03 8413 8413

Victorian Aboriginal Legal Service

Freecall: 1800 064 865

Harm Reduction Victoria

Tel: 03 9329 1500

Australian Drug Foundation

www.druginfo.adf.org.au

Victorian Aboriginal Community Controlled Health Organisation

Tel: 03 9411 9411

www.vaccho.org.au

Read more about other drugs within your community in the *Healthy Spirit, Healthy Community* booklet, available at vaccho.org.au.



A guide to ecstasy within our community



Healthy Spirit, Healthy Community



australian
drug FOUNDATION



Ecstasy

Street names

Eckies, E, XTC, pills, pingers, bikkies, flippers.

How is ecstasy used?

Ecstasy comes in a tablet form and is usually swallowed. The pills come in different colours and sizes and are often imprinted with a picture or symbol.

Effects of ecstasy

The effects of ecstasy are usually felt about 20 minutes to an hour after it's taken and last for around six hours.

Ecstasy affects everyone differently, but you may experience:

- Feeling happy, energetic and confident
- Large pupils
- Jaw clenching and teeth grinding
- Heightened senses (sight, hearing and touch)
- Excessive sweating and skin tingles
- Muscle aches and pains
- Nausea and reduced appetite
- A fast heart beat
- Dehydration
- Heat stroke
- Drinking extreme amounts of water (can cause death)

If you have a lot (or get a strong batch), you may also experience:

- Floating sensations
- Hallucinations
- Out-of-character irrational behaviour
- Anxiety
- Irritability, paranoia and violence
- Vomiting
- High body temperature
- A racing heart beat
- Fitting

If an ecstasy pill contains a new synthetic drug then it may cause more serious side effects including death.

In an emergency

Call triple zero (000) if someone looks like they've had ecstasy and are in trouble. Ambulance officers don't have to involve the police. While you wait for help to arrive:

- Stay with the person and keep crowds back
- Keep them cool, but make sure they don't drink too much water
- If they lie down, put them on their side in case they vomit

Coming down

In the following four to six days after using ecstasy, you may experience:

- Restless sleep and exhaustion
- Anxiety, irritability and depression
- Difficulty concentrating

If you use a depressant drug such as alcohol, benzos or yarndi to help with these 'come down' effects, you may become trapped in a vicious cycle where you are addicted to both types of drugs.

Long term effects

If you regularly use a lot of ecstasy, it may eventually cause:

- Regular colds or flu
- Depression
- Needing to use more to get the same effect
- Relying on ecstasy to feel good
- No money for food and bills
- Letting down your family and community

Mixing ecstasy with other drugs

The effects of taking ecstasy with other drugs – including over-the-counter or prescribed medications – can be unpredictable and dangerous.

Ecstasy + Ice or Speed = enormous strain on the heart and other parts of the body, which can lead to stroke.

Ecstasy + Alcohol, Yarndi or Benzos = enormous strain on the body, and more likely to overdose.

Giving up ecstasy

If you want to give up ecstasy, but have been using it regularly for a long time, your body has to get used to working without it. This is why you may experience withdrawal symptoms, which should settle down after a week and will mostly disappear after a month.

Symptoms include:

- Cravings for ecstasy
- Aches and pains
- Exhaustion
- Restless sleep
- Agitation
- Trouble concentrating
- Anxiety and depression

Pregnancy and breastfeeding

Having a baby is a time of great change. If you are thinking about having a baby, pregnant or breastfeeding, it's important to consider the types of drugs you might be taking and how they could affect your baby. This is important because alcohol and other drugs you take will reach your baby while you are pregnant and breastfeeding.

Drinking alcohol or taking drugs while you are pregnant could cause:

- Miscarriage
- Going into labour early
- Low birth weight