

SOME SIGNS OF AN MDMA OVERDOSE

It's ok if you get freaked out, worried, or don't know what to do. You can always call for help.

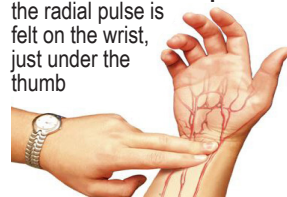
NEED TO CALL FOR HELP

- ♥ Can't slow breathing down ♥ Seizure
 - ♥ Can't wake them up ♥ breathing less than 1 breath every 5 secs, or they stop breathing, **you need to do rescue breaths - 1 breath every 5 secs** ♥ Their pulse won't slow to under 100 beats/min when resting, or you can't find a pulse ♥ They're **hearing or seeing things**, attacking friends, intense paranoia ♥ Really hot and **can't cool down** ♥ Moving or dancing but spaced out & **not able to talk to you or listen**
- Even if they'll be mad at you for calling for help, they'll be ALIVE to be mad at you*

MAYBE OR MAYBE NOT NEED HELP

- ♥ Super hot / sweaty - Get them **cooled down**, take off extra clothes, go outside, have a cool shower, and **drink water!** – 500 ml every hour, *but no more* ♥ Sit them down and **check pulse** - should slow to less than 100 bpm
- ♥ Flailing (unable to stop moving, jerky movement, bumping into things, staggering) - get them to a space where they can't hurt themselves or others yelling, crying, big mood swings - reassure them, stay with them, **be patient**
- ♥ Always **stay** with them ♥ Put them in the **recovery position** if you need to leave them alone
- ♥ **Call for help if things change**

Learn to check a pulse



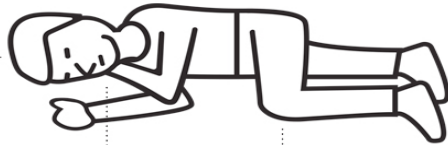
Learn rescue breathing

Take a First Aid course - if it's not available, ask around for someone to show you how. You could save a life - not just at a party but any day of the year.

Learn to use naloxone

towardtheheart.com

head should be tilted back slightly to open airway



RECOVERY POSITION

hand supports head

knee stops body from rolling onto stomach

Some Normal Reactions to Overdoses

- ♥ being scared ♥ feeling ashamed
- ♥ laughing it off ♥ not wanting people to know
- ♥ not wanting to talk about it ♥ denying it happened
- ♥ not remembering what happened

Ways To Support Someone Who Overdosed

- ♥ let them know they're safe ♥ tell them where they are
- ♥ stay with them for the rest of the night ♥ Go to a quieter place ♥ give them as much control as possible ♥ it's important they don't use more of anything
- ♥ acknowledge the scariness and let them know they're OK and safe ♥ send someone with them if they go to the hospital - *it should be a safe place to go but the reality is that sometimes it isn't*
- ♥ DO NOT shame, judge, blame, or make fun of them
- ♥ Help them feel safe whatever that means to them
- ♥ Ask them what they want

When calling for help say "unresponsive" not "overdose"
It decreases the chance the cops will show ... unless they're the closest responders

Stay Safer - If you use drugs, you have a responsibility to yourself & your friends, family, community, & nation to reduce the risk of overdose

partying is more fun when you remember it & nothing ruins a good time like a medical emergency

- ♥ **START SLOW, GO LOW** – you can take more but not less. Start with a half dose, especially if you haven't done this drug or this batch before, or it's been a while since you used. There's no prize for getting the most f'ed up
- ♥ **Get your drugs tested** if you can – some places have drug checking and you can order home testing kits
- ♥ **Know your dealer** - it increases the chance you'll actually know what's in your drugs so you can plan properly #trustyoursource
- ♥ Using with friends? Don't all use at the same time – **take turns using** by 30-60 mins in case someone ODs
- ♥ **Don't use alone** - have a buddy, preferably have a sober person. If no one's around, get someone to check in with you every 5 mins by text or stay on the phone with you for a while
- ♥ **Make a safety plan** before you use – hopefully you never need it but if you do, things will be waaaay easier
- ♥ **Don't mix** drugs with drugs or alcohol – it super increases your chance of OD
- ♥ **Listen to your body! It's really smart and so are you.** You know when something's not right so listen to it.
- ♥ **Check in with friends** & don't leave them alone if you think they aren't ok
- ♥ Learn to **say no & accept No** from yourself others – **self-determination is a right**
- ♥ Decide how much you want to take BEFORE you go out – **leave the rest at home.** It's easy to blow past your limit when you're high ♥ **Drink water** - 1-2 cups every hours ♥ **Eat something** if you can ♥ Try to get some drug testing supplies
- ♥ Write down / text someone what time you used, or set a timer so you **know when it's safe enough to take more**, or how much longer you'll be high ♥ **Tell someone you trust if you aren't feeling well**
- ♥ **Ask your BFF to help you** keep the risk down – Friends can help you stay safer and like it when you're alive <3

Grinding teeth?
Clenched jaw?
Try gum / candy

what's the big deal about fentanyl?

It's a powerful **depressant** that's been showing up in other drugs including Molly. **If it's in your molly, you can OD on it.** Super shitty, right? And your OD will look diff than a molly OD

SOME SIGNS OF FENTANYL OD

NEED TO CALL FOR HELP

- ♥ Passing out & not responding to name or pain
 - ♥ gurgly breathing ♥ face or lips turning blue/grey
 - ♥ not enough breathing / not breathing - they need to take 1 breath every 5 seconds ♥ use naloxone if you have it **If someone isn't breathing the most important thing is rescue breaths.**
- This will prevent brain damage & keep them alive until help comes

MAYBE OR MAYBE NOT NEED HELP

- ♥ vomiting ♥ Falling asleep but wakes easily
- put in recovery position, check on them every 5 mins for the first hour for 1 breath every 5 seconds

After an overdose NEVER use more

get trained to use naloxone - it reverses fentanyl ODs!

fold on dotted lines, first in half, then in thirds, this is the 1st page

A POCKET GUIDE TO MOLLY

MDMA X, E, XTC, Ecstasy, Rolling

made on Lkwungen territories
by Native folks for Native youth

♥ A stimulant / upper that makes you feel really happy

but can start with some panic/anxiety

♥ Works by upping the natural chemicals in your brain

♥ Comes in pills, gel caps, loose powder, all colors

♥ Almost always comes cut (mixed) with "buff" or other

drugs - caffeine, sugars, laxative, baby powder,

ketamine, fentanyl, meth/speed, new synthetic drugs

♥ Most commonly taken by swallowing, usually lasts

3-5 hours, kicks in @ 20-40 min, peaks @ 60-90 min

♥ Typical dose is 70-125 mg - one pill or gel cap

♥ Makes your pupils huge

♥ Doesn't work if you're on anti-depressants

Some of our fave websites with good info:

rollsafe.org bluelight.org dancesafe.org

#trustyoursource We love you We need you You are our future Elders

more info on the back & other side cus there's lots to know

Dear cousin,
Let's face it - you're smart.
So we're not gonna tell you what to do cus

As your older relatives, it's our job to love you
without judging or shaming you,
and to help you learn what it means to you to
be healthy and happy. We made this "pocket
guide" cus we want you to have the info you
need to make decisions that are right for you.

We hope you'll be responsible for the impacts
of your actions - both positive & negative .
And that you'll call us out if we're not doing
the same. We might not be related by blood
but **we care about you.**
Reach out if you need us or just wanna chat

All our relations,
the Indigenous Harm Reduction Team (i-heart)

What's the safest way to use Molly?

There's always a risk when using drugs/alcohol, but the safest way to take molly is to swallow it
but you have to be patient!!

Swallowing means it has to be digested and absorbed before it kicks in - & even tho it *usually* starts working in 20 - 40 mins, it can take up to 3 hours. It takes the longest to kick in this way but it also lasts the longest. If you aren't patient, you might take more before it kicks in - meaning you **drastically increase the risk of OD**. Our bodies are all different so it won't work as fast for all of us. **Don't re-dose if it isn't kicking in.** If you are going to re-dose, wait 2-3 hours and don't do more than 1/3 to 1/2 the original dose. Re-dosing any more than this usually only increases side effects instead of amping the fun, and will increase the risk of OD.

Some people snort Molly, but it isn't as safe as swallowing it, especially if it is cut with other drugs. **This is where fentanyl and other drugs are extra dangerous. Snorting means drugs will hit you harder and faster** (3 - 15 mins), and if there's something else in there, it can really kick your ass cus more gets into your system faster. Snorting means **your high won't last as long**, and it can create way more feelings of panic and anxiety when it comes on. **Snorting molly hurts** like @#\$\$%, & you can have a harder come-down. If you have to snort it, **go slow!** Don't do it all at once.

Try up to half of a dose and wait 30 mins before taking more, especially if you are new to snorting.

ALWAYS use a clean straw or rolled up post-it note (watch the sticky side, it'll glue up your drugs) - don't share straws or use paper money - this could make you really sick. Make sure the powder/crystal is **crushed** as much as possible.

Alternate nostrils and rinse your nostrils after snorting. Try gum for that nasty post-nasal drip. Be sure to have a buddy and **take turns using**, especially if no one is sober.

your life matters to us. please use with care. ur an important part of the world - even when it doesn't feel like it.

HOW YOU MIGHT FEEL IF YOU TAKE MOLLY

*Every body is different so
we might feel different things than our friends*

Often people feel:

- ♥ some anxiety/panic to start
- ♥ don't want to eat
- ♥ lots of energy
- ♥ super happy
- ♥ clenching jaw
- ♥ high blood pressure
- ♥ feelings of love & care
- ♥ grinding teeth
- ♥ need to dance
- ♥ talkative

Sometimes people feel:

- ♥ really big pupils
- ♥ sensitive to touch
- ♥ feeling brave
- ♥ lots of confidence
- ♥ excitement
- ♥ sweaty, hot
- ♥ eye "wiggles"
- ♥ can't stop moving
- ♥ fast heart rate
- ♥ really thirsty
- ♥ eyes become sensitive to light

- ♥ shaky
- ♥ hearing voices or seeing things
- ♥ sad
- ♥ irritable
- ♥ aggressive / angry
- ♥ suspicious of others
- ♥ can't cool down
- ♥ barty
- ♥ pretty sad for a couple of days after
- ♥ nothing ... sometimes it just doesn't work

WHAT IS AN OVERDOSE or OD ?

♥ When we take "too much" of something - it means a lot of different things ♥ It usually doesn't look like what you see on TV ♥ There's a range of seriousness from manageable to death ♥ Most of us will take "too much" of something at some point in our life

NEED TO CALL FOR HELP - too much caffeine can cause a heart attack & you need to get help

MAYBE/MAYBE NOT NEED HELP - too much caffeine (coffee/energy drink) might make you shaky, pukey. Usually don't need medical help but u might

Different substances have different effects & OD symptoms	Alcohol - <i>downer / depressant</i> vomiting, dizziness, passing out, slurred speech, stumbling
VS	
	Caffeine - <i>upper / stimulant</i> (so is molly) shaky, increased energy, alert, can't sleep, anxiety, too much energy

wanna ask us a question? did we miss something?
fb @indigenousharmreductionteam