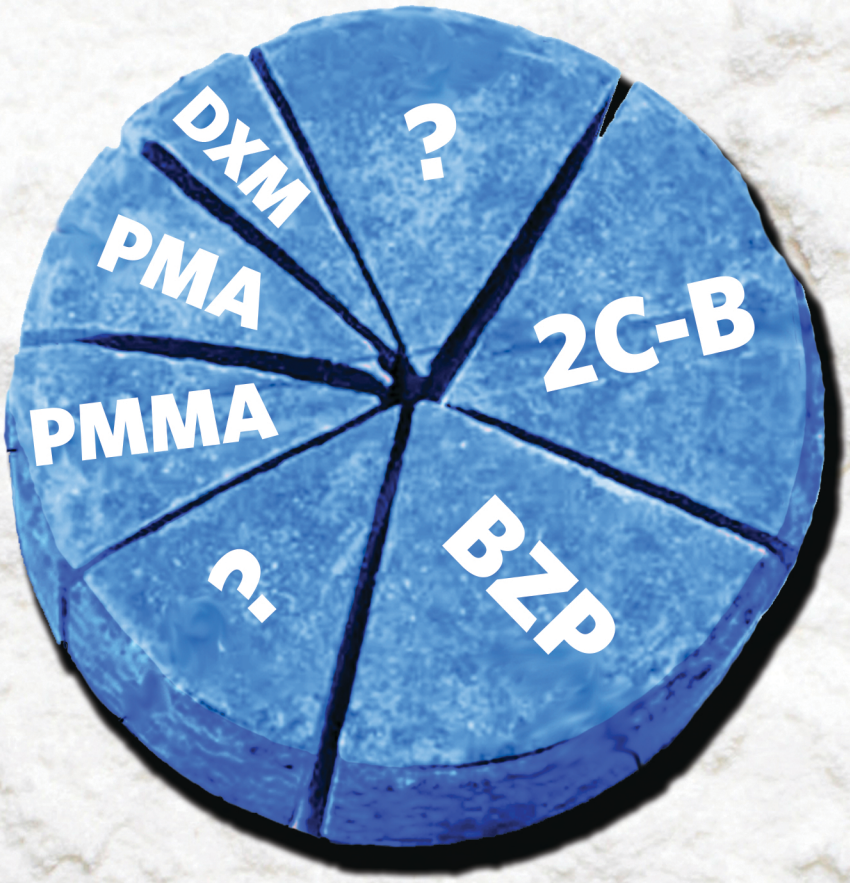
WHAT'S IN THE PILL?



A number of pills sold as ecstasy have been tested and found to contain substances other than MDMA. MDMA, and many of these substances, have been linked to hospitalisations, deaths and possible mental health isues. There is no way of telling what is in a pill just by looking at it. IT'S ALWAYS SAFEST NOT TO TAKE UNKNOWN OR ILLICIT DRUGS AT ALL. If you do take a pill...

- IT IS LESS RISKY TO TAKE HALF (ALTHOUGH SMALLER DOSES CAN ALSO BE DANGEROUS)
- IF YOU DON'T COME UP AS QUICKLY AS EXPECTED DON'T ASSUME YOU'VE GOT DUD PILLS. WAIT 2 HOURS. SOME DRUGS TAKE LONGER TO TAKE EFFECT THAN OTHERS
- NEVER DOUBLE DROP
- NEVER MIX YOUR DRUGS. ALCOHOL, OTHER CLUB DRUGS AND PRESCRIBED DRUGS CAN ALL INTERACT DANGEROUSLY WITH PILLS, AND WITH EACH OTHER
- IF DANCING, REHYDRATE WITH WATER OR ISOTONIC DRINKS REGULARLY, BUT DON'T GO OVER A PINT PER HOUR
- TAKE BREAKS FROM DANCING

The Students' Union in no way condones the use of illegal drugs

If you are concerned about a substance that you or a friend has taken:

- **Don't take any more**
- **Don't take other drugs**
- **Seek medical advice**

For information and support on drugs and alcohol, visit drugs.ie/services.
The HSE Drugs & Alcohol Helpline can be reached on 1800 459 459

DRUGS.ie
Drug and Alcohol Information and Support

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PROMOTING HEALTH ON CAMPUS
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