

**How does
MDMA affect
the brain?**



**Can drinking
alcohol make
depression and
anxiety go away?**



**MDMA affects
how the body
regulates
temperature
and can increase
the risk of
overheating.**

**NO!
Using alcohol
can actually
make anxiety
and depression
worse.**

Go to the quiz at
yourroom.health.nsw.gov.au
to test your drug and
alcohol knowledge

Tips for having a safer night

- **Don't use drugs or alcohol alone** – be with people you trust
- **Tell friends** what you're using
- Check out the **FREE Drinks Meter app** to help track your drinks
- **Combining drugs** especially with alcohol **increases the chance of overdose** or accidents
- **Don't 'pre-load' or take multiple caps/pills or alcohol** – this increases your risk of overdose
- **Know the signs of overdose and seek help** (e.g. overheating, confusion, vomiting, rapid heart rate, unconscious, seizures)
- **It is safe to call an ambulance (dial 000)** – Police aren't usually called to overdoses
- **Rest and re-hydrate** – take breaks from dancing, sip water
- People intoxicated **can't legally consent** to sex
- **Always have a plan B** – make sure you have money to get home

Your Room

The place for

- Drug and alcohol info
- Interactive quizzes
- Help and support

yourroom.health.nsw.gov.au



Want to talk about it?

Call the Alcohol and Drug Information Service (ADIS) on

1800 025 015

(24 hours 7 days a week) or use

ADIS web chat via the link on Your Room