



# PRIORITY DRUG ALERT

## 'Chupa Chups' Ecstasy/MDMA/PMMA

The below tabs are believed to be some form of Ecstasy/MDMA/PMMA psycho active substance and are believed to be in circulation in the Brighton and Sussex Area. PMMA is extremely toxic.

We have had a recent death of a service user who has been reported to have used Chupa Chups in West Sussex (July 2018)



## ACTION AND PRECAUTIONS

**The only way to avoid all the risks is to not take drugs which are not prescribed for you. However, if you do choose to take them, please bear in mind the following points for safer use.**

The 'Chupa Chups' tablet is being sold as Ecstasy / MDMA within the UK and there are a number of warnings reference this tablet as being high strength because it is suggested it contains more than 120mg of active ingredients

'Chupa Chups' come in a number of different colours and contain substances other than MDMA which includes MD and Ketamine, PMA /PMMA.

PMA / PMMA is EXTREMELY TOXIC.

### General tips on staying safe:

**Start with a small amount**, e.g. a dab or half a pill

- Don't be afraid of seeking help and being honest about what you have taken
- Avoid mixing drugs, especially with alcohol
- Look after friends, if they are sleeping or unconscious, put them in the recovery position
- Tell someone you are with what you have taken
- Try and buy from a **trusted source**
- Try to use with trusted friends in a **safe environment**, especially if it's your first time.
- If you find or fear that you may be experiencing a 'bad trip' try to find a place you feel safe and remember – **it will pass.**
- Be aware that single doses can vary even in visually identical samples
- Try to use with people you know and trust around you, ideally at least one of whom is not using a substance, or at least make sure someone knows where you are.
- Try not to get overstimulated- it is very easy to get dehydrated if you're dancing for hours, and anxiety can sometimes set in.

If you have been affected by any of these issues and want to talk to somebody contact your local service. CGL guarantee a non-judgmental approach and will support you according to your needs and wishes.

CGL's **West Sussex Drug and Alcohol Wellbeing Network** can be contacted on **0300 303 8677**. You can contact CGL through its website at: **[www.changegrowlive.org](http://www.changegrowlive.org)**