

PMMA/Ecstasy Resources: Quick Links

For Parents

Educate yourself, talk with your kids, and learn more: <http://www.albertahealthservices.ca/2434.asp>

From Health Canada: <http://www.nationalantidrugstrategy.gc.ca/parents/parents.html>

For Everyone

PMMA Frequently Asked Questions: <http://www.albertahealthservices.ca/Padis/hi-padis-pmma-faqs.pdf>

MDMA Frequently Asked Questions: <http://www.albertahealthservices.ca/Padis/hi-padis-mdma-faqs.pdf>

Poison and Drug Information Service (PADIS):

PADIS is a free, confidential, 24/7 service for all Albertans. PADIS staff are specially trained in the assessment & management of exposures to drugs & toxins.

1-800-332-1414 or <http://www.albertahealthservices.ca/5423.asp>

Addiction & Mental Health 24 hour Helpline: 1-866-332-2322

Concerned about your own drug or alcohol use? About the drug and/or alcohol use of a friend or loved one? Simply would like more information on drug & alcohol use? Contact the Addiction & Mental Health Helpline, 24/7.

Kids Help Phone: 1-800-668-6868

From trouble with homework to dealing with loss and grief to thoughts of suicide, kids can talk to Kids Help Phone about anything. Professional counselors provide anonymous, confidential and non-judgmental support, 24/7.