



February 7, 2012

Community Agencies & Stakeholders:

The recent deaths associated with PMMA/Ecstasy use in Alberta have raised much concern, and continue to generate much interest in engaging Albertans, and in particular, youth, in discussion.

The role of Community Agencies in promoting awareness and enabling informed decision making is critical.

Alberta Health Services (AHS) recognizes, values, and supports you - as leaders, role models, and advocates - in facilitating the discussions that can best ensure Albertans understand the tragic reality of street drug use:

- there is no safe street drug;
- there is no safe dose; and,
- no one is immune to risk.

From education and awareness, to support and treatment, AHS is here to help.

On the next page, please find a few quick links to resources you may wish to share with your community partners. We also invite you to please visit [www.albertahealthservices.ca](http://www.albertahealthservices.ca) for more information, or contact any of the helplines provided.

As we work together to promote discussion and foster drug and alcohol awareness, we thank you for your tireless efforts to educate and support healthy Albertans living in healthy communities.

Sincerely -

Handwritten signature of Dr. Gerry Predy in black ink.

**Dr. Gerry Predy**  
Senior Medical Officer of Health  
Senior Medical Director  
Alberta Health Services

Handwritten signature of Dr. Michael Trew in black ink.

**Dr. Michael Trew**  
Senior Medical Director  
Addictions & Mental Health  
Alberta Health Services

Handwritten signature of Dr. Mark Yarema in black ink.

**Dr. Mark Yarema**  
Medical Director  
PADIS  
Alberta Health Services

## **PMMA/Ecstasy Resources: Quick Links**

### **For Everyone**

- [PMMA](#) Frequently Asked Questions
- [MDMA](#) Frequently Asked Questions
- Poison & 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.

### **For Parents**

- [Educate yourself, talk with your kids, and learn more](#)
- [From Health Canada](#)

### **For Teachers/Schools**

- [Lesson plans, prevention strategies, talking with students, and more](#)
- [Parent newsletter inserts](#)
- [From Health Canada](#)