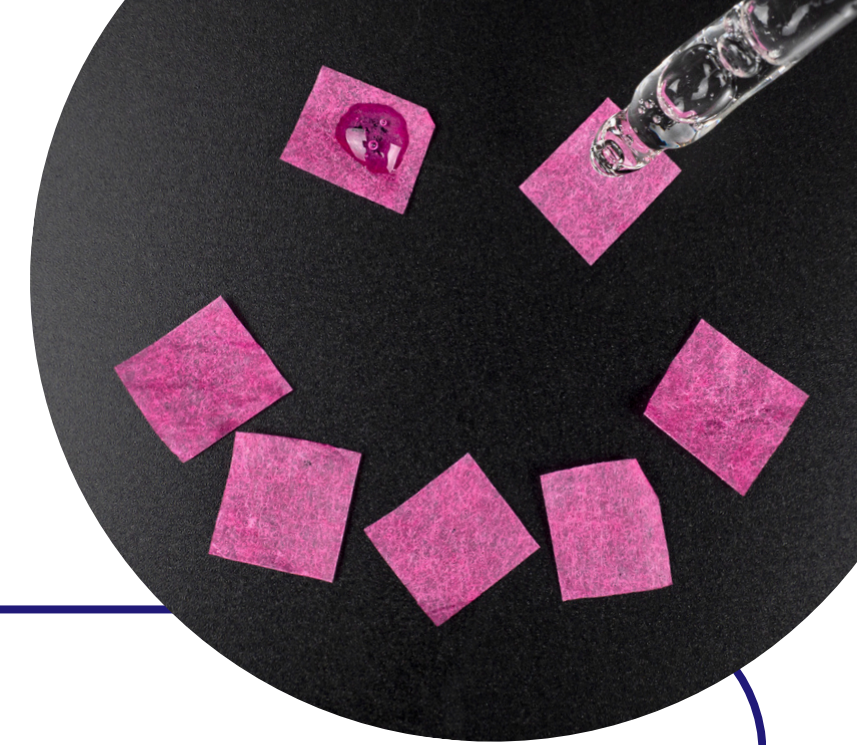


## KNOW YOUR STUFF

# PSYCHEDELICS

AKA: LSD, acid, magic mushrooms, shrooms

(Drug names vary hugely, these are just a few examples)



## WHAT IS IT?

The term “psychedelics” describes a group of drugs that alter sensory perception, making the world appear different to how it does normally, which in turn affects someone’s thoughts and feelings. The two most common drugs in this class are LSD, which usually comes in the form of paper squares with images on known as blotters or tabs that dissolve on the tongue, and psilocybin which is usually referred to as “magic mushrooms”; these are generally sold raw or dried, then made into a food or drink.

## THE HIGHS

Giggling, euphoria, increased empathy, and distortions of sensory information (for example, visual or auditory hallucinations).

## THE LOWS

Odd behaviour and lack of judgement while under the influence can lead to accidents and injuries. Unpleasant effects can include heightened negative emotions, dissociation (feeling outside the body), confusion, anxiety, paranoia, feeling overwhelmed and going through distressing hallucinations; all of these typify a “bad trip” (which can last several hours).

The whole experience can be draining, leaving the user tired, fuzzyheaded and detached from reality for a period of time. This is more likely to happen if someone is in an unfamiliar environment or doesn’t feel safe with the people around them. Mental health problems can develop or worsen, and some users experience flashbacks or ongoing problems with their vision.

Tolerance can develop quickly, meaning someone needs more to replicate the effects, and psychological dependence can set in, driving someone to use more – or want to – on a regular basis. Dosing can be very difficult to gauge, and mixing with other drugs, including medication, increases the risk of unpredictable and potentially dangerous effects. With magic mushrooms, there is a danger of accidentally consuming a poisonous mushroom.

Both LSD and magic mushrooms are Class A drugs, with possession charges carrying a prison sentence of up to seven years, and/or an unlimited fine. The penalties for supply are even harsher. It is also illegal and unsafe to drive while under the influence.



For more information go to:

**FRANK**

<https://www.talktofrank.com/drug/lsd>



**DSM** foundation  
The drug education charity

[www.dsmfoundation.org.uk](http://www.dsmfoundation.org.uk)

The Wellbeing Hub  
— from Teen Tips —



[www.teentips.co.uk](http://www.teentips.co.uk)