

LSD

WHAT YOU NEED TO KNOW

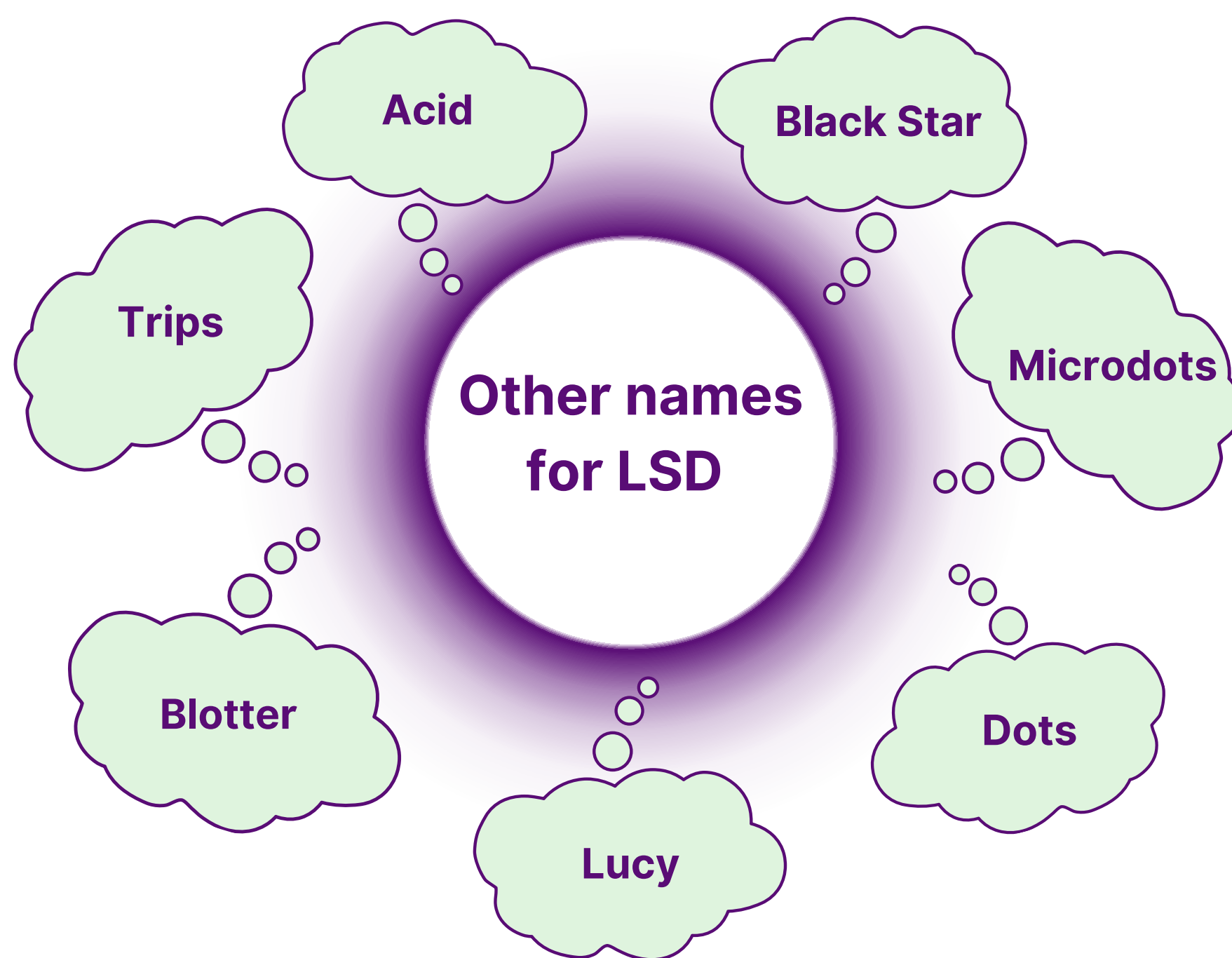
What is it?

LSD is a hallucinogen



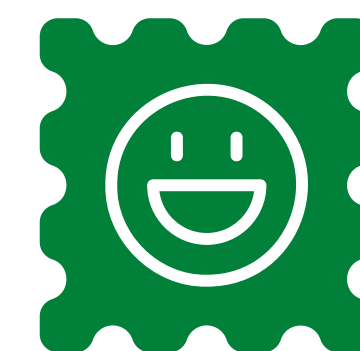
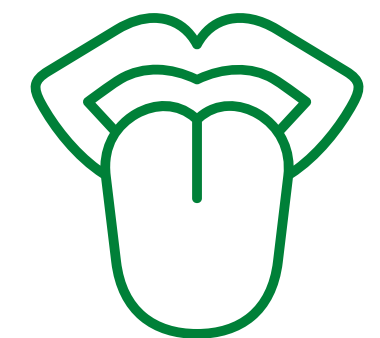
Lysergic Acid Diethylamide (LSD) can cause hallucinations, creativity, and an "otherworldly" experience.

Liquid LSD is usually diluted before being placed on blotting paper, sugar cubes, or gelatin sheets. This is called a "tab". LSD can also come as a powder, capsules, or tablets.



How is it used?

LSD can be taken orally or dissolved under the tongue.



What are the effects?



The effects of LSD is commonly called going on a "trip".



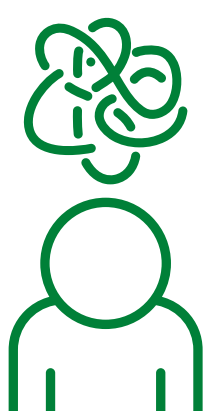
LSD hallucinations can cause a loss of reality. This increases the risk of accidental injury.



The type of trip depends on many factors, such as mood, environment, mental illness, and taking other drugs.



Senses can become mixed, such as hearing colors or seeing sounds. Colors may appear brighter



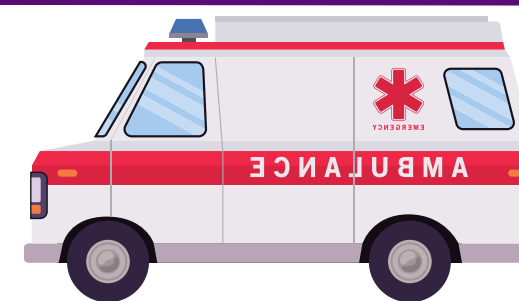
LSD can cause strong auditory and visual hallucinations. This can increase creativity, but can also cause intense anxiety.



Sometimes flashbacks from past LSD trips can occur- even when sober

LSD

When do you seek emergency help?



Bad trip: A disturbing or frightening experience caused by LSD

Signs: Feeling a loss of identity ("ego death"), extreme paranoia, disturbing hallucinations, and psychosis. These effects can sometimes last for days after using LSD

Get help right away! Bad trips can last for up to 12 hours, and may lead to serious injury.

Did you know?

LSD is sometimes mixed with other substances meant to imitate it. These substances can be toxic!

If your LSD tastes bitter, metallic, or makes your mouth numb, it may be laced. Spit it out!



Tips for Bad Trips

Start low and go slow. Large doses are a frequent cause of a bad trip

Mind your mood. LSD can intensify feelings of anxiety and sadness. Use it when you're happy and relaxed!

Have a "trip sitter". A "trip sitter" is a sober person who can help guide you through any intense feelings you may have during a trip.

If you're having a bad trip, move to a calm environment and think about how this feeling will pass. Practise deep breathing.

How to stay safer

- 1 **Avoiding LSD use** is the best way to stay safe, but that may not be realistic for everybody.
- 2 **Don't mix!** Mixing LSD with other substances can greatly increase your risk of serious side effects- including bad trips!
- 3 **Plan for safety.** Have a ride arranged for after you use LSD. Bring condoms if sex is a possibility.
- 4 **Know your risk factors!** LSD can induce or worsen symptoms (e.g. mania, psychosis) of psychiatric conditions. A family history puts you at a higher risk.
- 5 **Moderate use.** Regular use can affect your health and relationships with others. It can lead to frequent, intense flashbacks.
- 6 **Use in a familiar area.** This lowers the risk of accidental injury and anxiety
- 7 **Eat beforehand.** LSD trips can last up to 12 hours. You may forget to eat during that time!

For more information visit us at:

www.DECYDE.ca

These documents are intended to support educators in their delivery of drug education. They are not for direct student use unless deemed developmentally appropriate.

References:

1. Delgado, J. (2023). Intoxication from LSD and other common hallucinogens. *UpToDate*. Retrieved on August 14 2023 from https://www.uptodate-com.qe2a-proxy.mun.ca/contents/intoxication-from-lsd-and-other-common-hallucinogens?search=lsd&source=search_result&selectedTitle=1-26&usage_type=default&display_rank=1#H6
2. Canadian Institute for Substance Use Research. (2022). Safer Tripping: Magic Mushrooms, LSD, and other hallucinogens. *Here To Help BC*. Retrieved on August 14 2023 from <https://www.heretohelp.bc.ca/infosheet/safer-tripping-magic-mushrooms-lsd-and-other-hallucinogens#you>