

SALVIA

WHAT YOU NEED TO KNOW

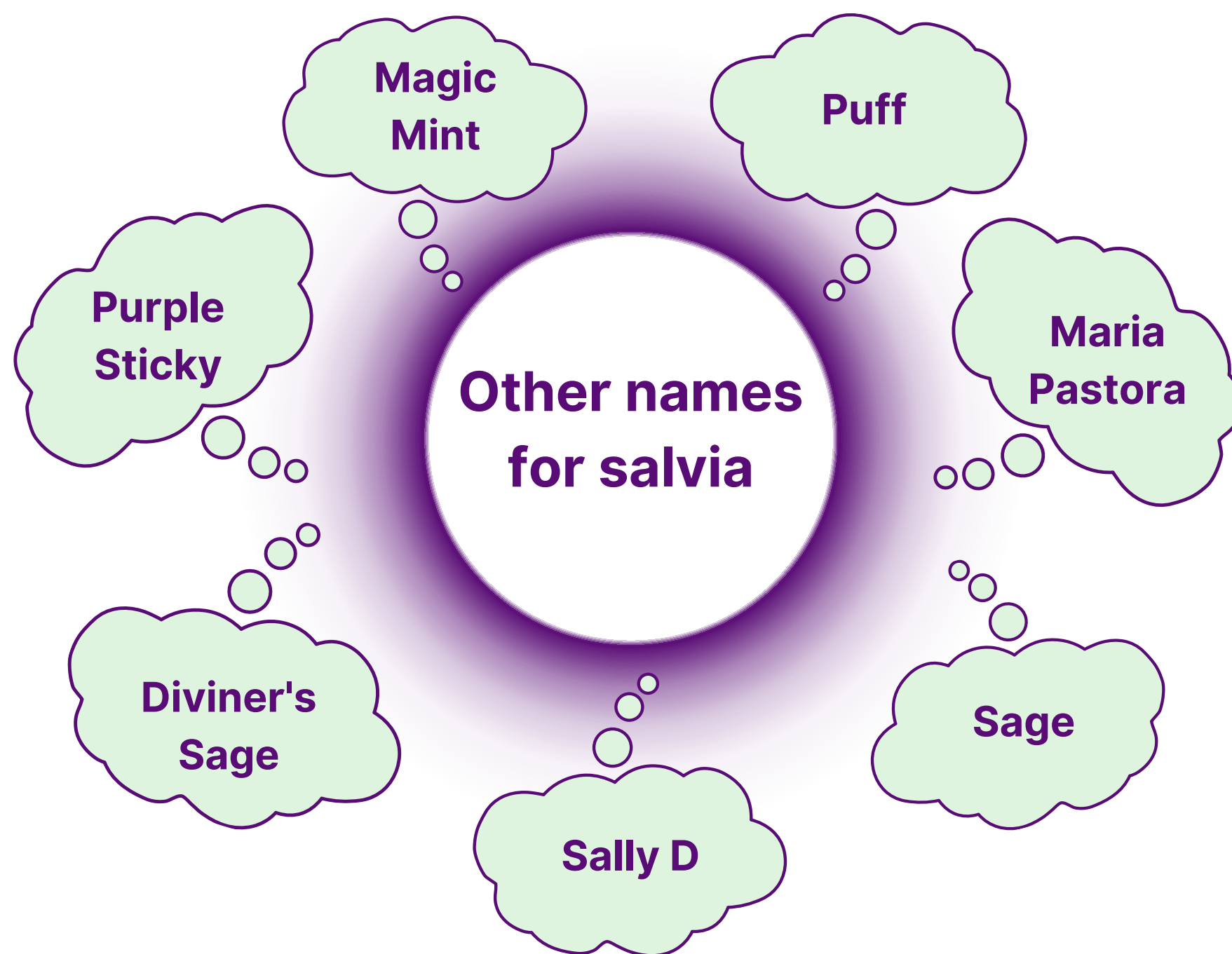
What is it?

Salvia is a hallucinogen



Salvia divinorum ('salvia') is a hallucinogenic (mind-altering) plant. It is also called a psychedelic. It can cause intense hallucinations and an "otherworldly" experience. Salvia can also cause changes in perception, mood, and thinking.

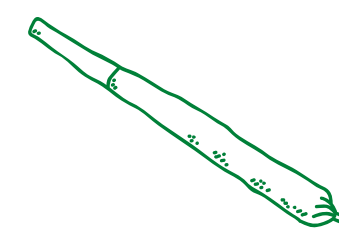
Salvia is used both recreationally and in some cultural ceremonies.



How is it used?

Inhaled: Smoking the leaves with a pipe or rolled joint.

Oral: Chewing or eating the leaves, placing them under the tongue, or drinking a tea made from the leaves.



What are the effects?



The effects of salvia is commonly called going on a "trip". Trips typically last 10-20 minutes, but effects can be felt for hours.



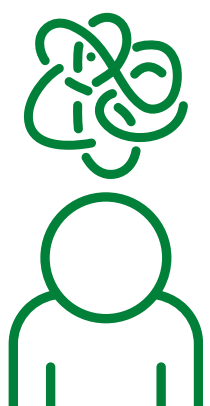
Salvia can cause intense mood changes, ranging from uncontrollable laughter and happiness to severe paranoia.



The type of trip depends on many factors, such as dose, mood, environment, mental health, and medications.



Smoking salvia can cause irritation of the mouth, throat, and lungs. Long term use may lead to lung damage.



Strong hallucinations from salvia can cause a loss of reality and time. Minutes may feel like hours.



Sometimes distressing flashbacks from past salvia trips can occur- even when sober.

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When do you seek emergency help?



Bad trip: A disturbing or frightening experience caused by salvia.

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

Get help right away! Bad trips can lead to accidental injury and distressing flashbacks- even for weeks afterwards.

Did you know?

Taking other substances (e.g. alcohol, cannabis) with salvia can change your trip in unpredictable ways.

A trip can quickly become unpleasant - even if you've had good experiences with the substances in the past.

Tips for Bad Trips

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

Mind your mood. Salvia can intensify feelings of anxiety and sadness. If you choose to use salvia, 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 salvia use** is the best way to stay safe, but that may not be realistic for everybody.
- 2 **Don't mix!** Mixing salvia with other substances can greatly increase your risk of serious side effects- including bad trips.
- 3 **Choose oral.** Smoke from salvia can cause extra harm to your body through lung damage.
- 4 **Moderate use.** Regular use can affect your health and relationships with others. It can lead to frequent, intense flashbacks.
- 5 **Use in a familiar area.** This lowers the risk of accidental injury and anxiety.
- 6 **Timing matters.** Avoid using salvia if you have work, school, or will be operating a vehicle.

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