

# HALLUCINOGENS

## WHAT YOU NEED TO KNOW

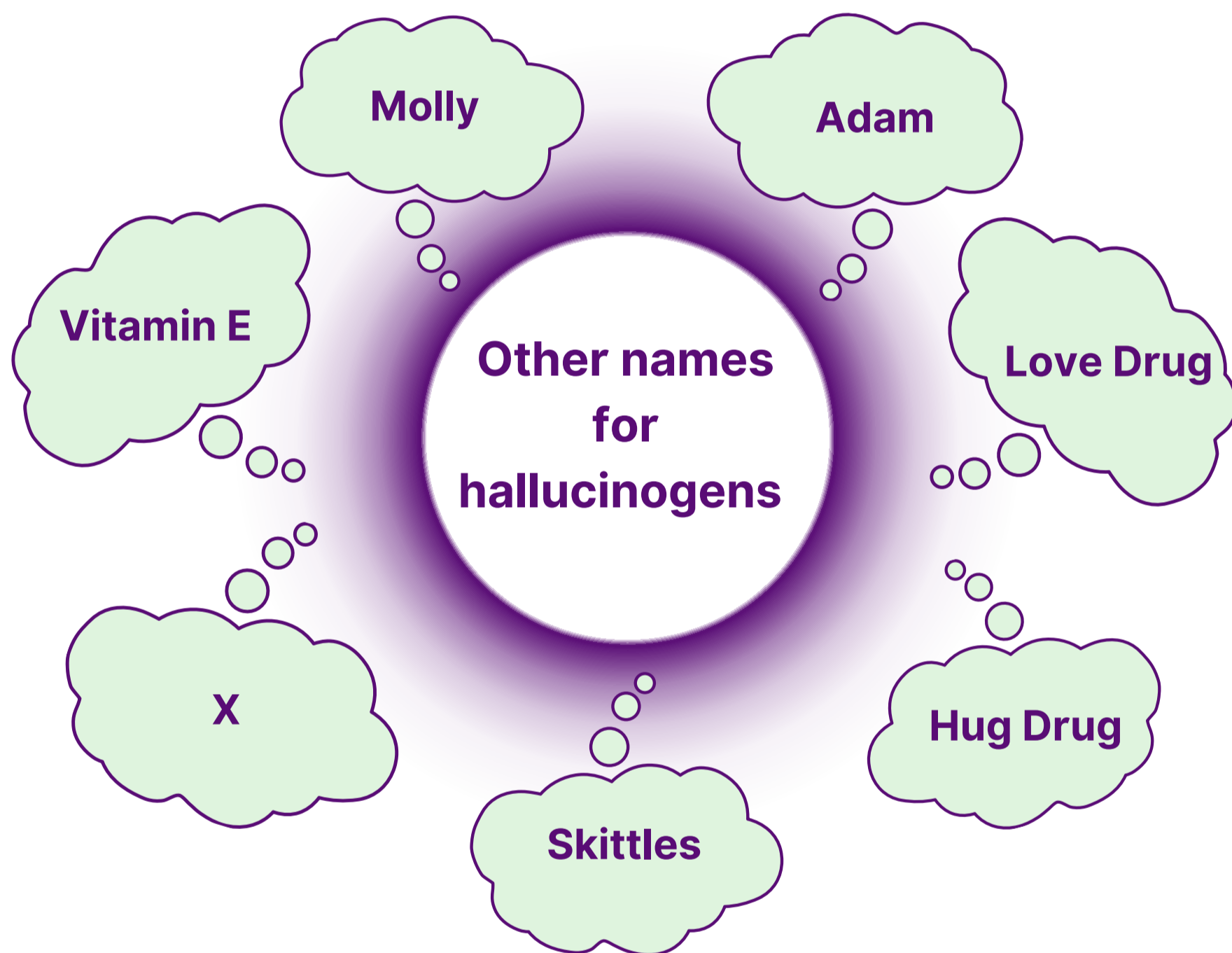
### What are they?

### Hallucinogens are psychoactive



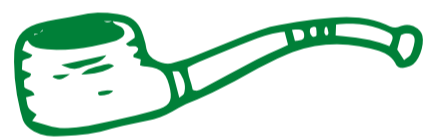
Hallucinogens are also called psychedelics. They can cause changes in perception, mood, and thinking. They can cause hallucinations and an "otherworldly" experience. Some may have other properties too, like causing a stimulating effect. Some hallucinogens are used in cultural ceremonies. Hallucinogens include magic mushrooms (psilocybin), LSD, ketamine, and DMT.

Click here for more information on individual types of hallucinogens: [decyde.ca/substance-snapshots/substance-snapshots/#hallucinogens](https://decyde.ca/substance-snapshots/substance-snapshots/#hallucinogens)



### How are they used?

Hallucinogens can be taken orally, dissolved under the tongue, or smoked.



### What are the effects?



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



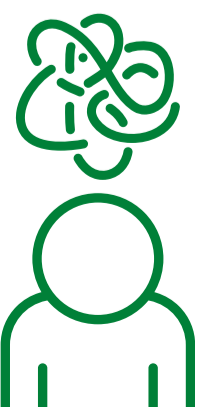
Hallucinations can cause a loss of reality. This increases the risk of accidental injury.



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



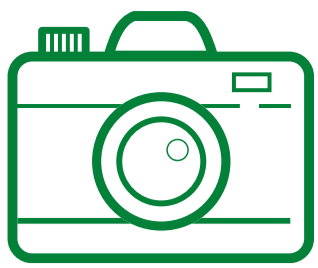
Senses can become mixed, such as hearing colors or seeing sounds. Colors may appear brighter.



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



Sometimes flashbacks from past trips can occur- even when sober. This can be confusing.



# HALLUCINOGENS

## When do you seek emergency help?



**Bad trip:** A disturbing or frightening experience caused by hallucinogens.

**Signs:** Feeling a loss of identity ("ego death"), extreme paranoia, disturbing hallucinations, and psychosis. These effects can sometimes last for days after using a hallucinogen. Ketamine can cause breathlessness, seizures, and a slow heart rate.

**Get help right away!** Bad trips can last for more than 12 hours and cause serious injury!

### Did you know?

**Taking other substances (e.g. alcohol, cannabis) while tripping can change your trip in unpredictable ways!**

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



## How to stay safer?



**Not using alcohol** is the best way to stay safer and avoid harms.

**If you still decide to use alcohol,** consider these harm reduction strategies:

## Tips for Bad Trips

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

**Mind your mood.** Hallucinogens 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.

For more information visit us at:

[www.DECYDE.ca](http://www.DECYDE.ca)

1

**Don't mix!** Mixing hallucinogens with other substances can greatly increase your risk of serious side effects- including a bad trip!

2

**Plan for safety.** Have a ride arranged for after you use a hallucinogen. Bring condoms in case sex is a possibility.

3

**Know your risk factors!** Hallucinogens can induce or worsen symptoms (e.g. mania, psychosis) of psychiatric conditions. A family history of psychiatric illness puts you at a higher risk.

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

**Eat beforehand.** Trips can last up to 12 hours. You may forget to eat during that time.

7

**Don't use alone.** Always have a buddy with you, and check in with friends to make sure they get home safely. Share your location with someone you trust.

