

PSILOCYBIN MUSHROOMS

WHAT YOU NEED TO KNOW

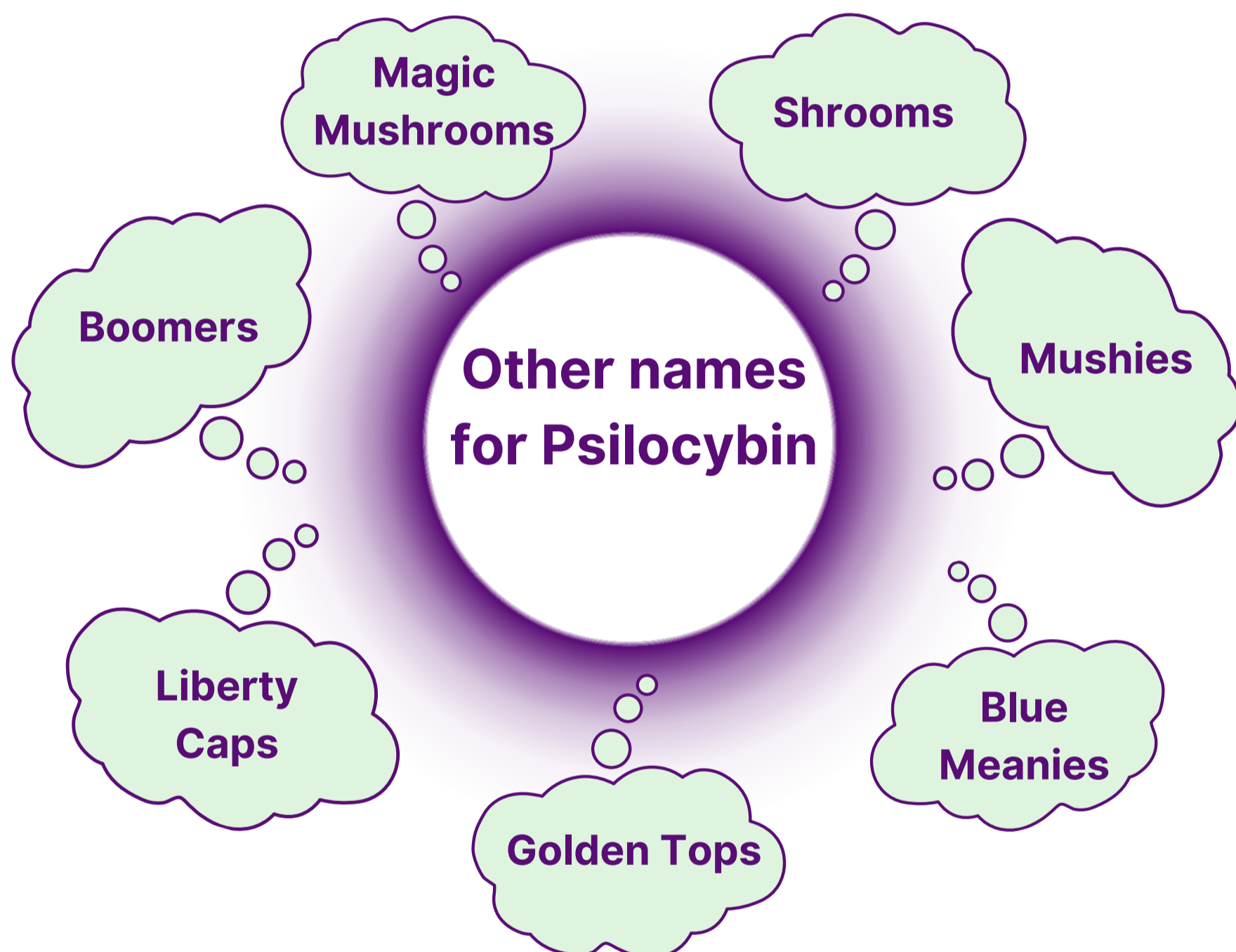
What are they?

Psilocybin mushrooms are hallucinogens



Psilocybin is a chemical found in over 200 species of mushrooms. When eaten, it can cause hallucinations, creativity, and “otherworldly” experiences.

Mushrooms that have psilocybin are commonly referred to as “psilocybin mushrooms”. These mushrooms can be fresh, dried, cooked, or ground into a powder and placed in capsules.



How are they used?

Psilocybin mushrooms are usually added into foods, drinks, or capsules, or may be eaten fresh.

Psilocybin Mushrooms **should never be injected**, because it can seriously harm your internal organs.



What are the effects?



The effects of psilocybin is commonly called going on a “trip”.



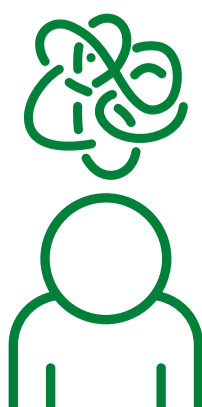
Psilocybin hallucinations can cause a loss of reality. This increases the risk of accidental injury.



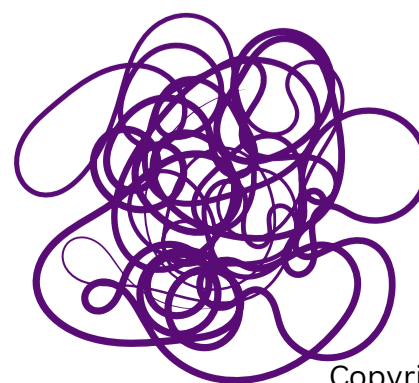
The type of trip depends on many factors, such as mood, environment, mental illness, and taking other drugs.



Psilocybin can cause an increased heart rate and blood pressure. This can lead to cardiac arrest.



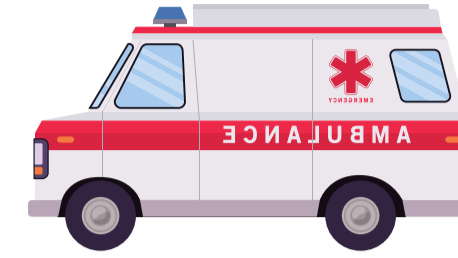
Psilocybin can cause strong auditory and visual hallucinations. This can increase creativity, but can also cause intense anxiety.



Sometimes flashbacks from past psilocybin 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 magic mushrooms.

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

Get help right away! There are some mushrooms that are poisonous and can kill you if eaten (e.g. Amanita mushroom). They may look very similar to psilocybin mushrooms.

Did you know?

Scientists are exploring the use of psychedelics like psilocybin for several medical conditions. Although the research is promising, more research needs to be done to determine its true benefit.

Speak to your doctor or pharmacist before trying magic mushrooms for medical purposes!



How to stay safer?

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

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

- 1 **Don't mix!** Mixing psilocybin with other substances can greatly increase your risk of serious side effects- including bad trips.
- 2 **Plan for safety.** Have a ride arranged for after you use mushrooms. Bring condoms if sex is a possibility.
- 3 **Know your risk factors!** Psilocybin 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 **Know your mushrooms.** Magic mushrooms can look very similar to fatal mushrooms.
- 6 **Use in a familiar area.** This lowers the risk of accidental injury and anxiety!
- 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.

Tips for Bad Trips

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

Mind your mood. Psilocybin 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.

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