

# Hallucinogens

## Psilocybin, Mescaline, LSD, DMT etc

**Magic Mushrooms, Shrooms, Peyote,  
Ayahuasca, Acid, etc**

### What is it?

Hallucinogens are substances that change a person's perception of reality. The intensity of their effects vary depending on the substance used, strength/purity, dose, and the individual's age, gender, experience, and tolerance. Someone who is experiencing the effects of hallucinogens is commonly said to be "tripping".

### Why do people use it?

- ◆ Spiritual experiences
- ◆ Self-reflection/discovery/healing
- ◆ Bonding or connecting with others
- ◆ To experience auditory and/or visual hallucinations: seeing things, hearing voices

### What can go wrong?

- ◆ "Bad" trips; intensely unpleasant or scary hallucinations
- ◆ Loss of touch with reality
- ◆ Depression or lethargy when "coming down"
- ◆ Flashbacks or re-experiencing hallucinations long after the drug has worn off
- ◆ Hallucinogenic plants can be mistaken for other toxic or lethal plants

### How does it work?

Hallucinogens are thought to affect the brain chemical serotonin in specific regions in the brain. The frontal cortex is associated with mood, thinking, and perception and is the area most affected by hallucinogens.

Information adapted from [heretohelp.bc.ca](http://heretohelp.bc.ca), [camh.ca](http://camh.ca), & [towardtheheart.com](http://towardtheheart.com)

For more information visit their websites.

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## Harm Reduction

1. Use with a friend who won't be tripping with you. Talk to them about how they can help if you're having a bad trip.
2. Plan your trip. Choose a safe, peaceful place to be for the next 8-12 hours.
3. Try "roll with" your experience rather than controlling it.
4. Avoid mirrors, climbing up on things and sex with unfamiliar partners. Many people report bad trips triggered by these activities.
5. Stick to one substance at a time.
6. Avoid potentially dangerous tasks such as driving or cooking.

### If a bad trip happens:

1. Go to a safe, calm space.
2. Try to meditate or relax.
3. If supporting someone else, reassure them that you're a friend and that the experience will end.

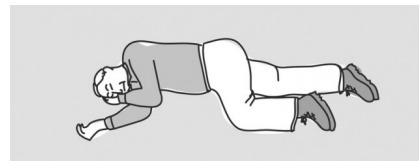
### What to do:

If someone becomes unconscious or stops breathing

## CALL 9-1-1

**Remain calm and stay with the person until help arrives.**

**If you have to leave the person unattended, put them in the recovery position, as below.**



### Discovery Youth & Family Substance Use Services

Victoria/South Island: 250-519-5313

Cowichan Valley: 250-737-2029

Nanaimo/Ladysmith: 250-739-5790

Oceanside area: 250-947-8215

Mt Waddington area: 250-902-6063

