

PSYCHEDELICS

Psychedelics are also known as trips or hallucinogens. They can give a sense of spiritual connection and heighten the sense. They can also cause anxiety, panic and visual or auditory hallucinations. Psychedelic drugs include synthetic substances such as LSD, NBOMe and the 2C family, and natural substances such as psilocybin mushrooms and ayahuasca.

DMT

The use of psychedelics between 2017 and 2018 reported to Crew remained somewhat the same, except for DMT use, which increased. DMT may be smoked in a pipe or vapourized. It **can cause hallucinations and time distortion**. You have an altered perception and experience heightened mood. You may also experience nausea, disorientation and loss of control. **The effects are short-lived but may be very intense.**

LSD

LSD (aka acid) may produce effects including altered thoughts, feelings, and awareness of one's surroundings. Dilated pupils, increased blood pressure, and increased body temperature are typical. Effects typically begin within half an hour and **can last for up to 12 hours**. LSD does not appear to be addictive, although **tolerance may occur with use of increasing doses**. As little as 20 micrograms can produce an effect. LSD is usually taken on a 'tab' or 'blotter' decorated with psychedelic art. It is typically placed on the tongue, allowing it to absorb the drug. Sometimes, the content of acid paper can vary and some substitutes, although may have similar effects, are much more dangerous.

PSILOCYBIN

Psilocybin is a naturally occurring psychedelic compound produced by more than 200 species of mushrooms, collectively known as psilocybin mushrooms. As a prodrug, psilocybin is quickly converted by the body to psilocin, which has mind-altering effects similar, in some aspects, to those of LSD, mescaline, and DMT. In general, the effects include euphoria, visual and mental hallucinations, changes in perception, a distorted sense of time, spiritual experiences, and can include possible adverse reactions such as nausea and panic attacks.

STAY SAFE

The safest thing to do is to not consume street drugs, however, if you choose to, here is some advice:

- Start with a low dose e.g. quarter of a blotter.
- Wait at least 2 hours before taking any more.
- Avoid using with other substances- this includes alcohol and prescribed medication.
- Stay with trusted company and avoid using alone.
- Although psychedelics are being studied as tools or medications, self-medicating comes with risk and you should become familiar with them before trying it.
- If blotters don't take effect as quickly as you'd expect, don't assume they are poor quality-they may contain another substance that takes longer to kick in.
- If you or someone you are with becomes unwell, get medical help immediately. Call 999 and stay with them. If at an event or festival, there are medical and welfare points on site who will be able to help.