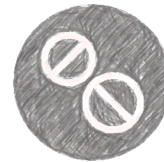




PSYCHEDELICS



Psychedelics are a large, diverse class of drugs. They come in natural, plant-based forms as well as synthetic forms. What psychedelics have in common is their ability to alter how people perceive reality. Psychedelic drugs include LSD, psilocybin mushrooms, MDMA, ayahuasca, peyote, DMT and 2C-B and more. Some of the plant-based forms of psychedelics have been used for thousands of years for both medicinal and ceremonial purposes. Many psychedelics are currently being studied for their use in medicine

EFFECTS

Psychedelics are a very complex group of drugs. They affect different people in different places at different times very differently.

People who use psychedelics report effects like:

- feelings of empathy, connectedness and understanding
- feelings of increased creativity or insight; and lowered anxiety or fear
- seeing or hearing things that aren't there
- becoming more sensitive to touch, light or sound
- saying or doing things that seem irrational or unusual
- sweating excessively or have a seizure

RISKS

- Psychedelics often have strong and unpredictable effects, which can mean the experience can go from "good" to "bad" and back again very quickly.
- Using psychedelic drugs can potentially worsen problems for people with mental health challenges or a family history of mental health challenges.
- Some psychedelic drugs, like MDMA, come with higher risks to the body. MDMA can cause overheating, and dehydration that has resulted in death.
- Unregulated psychedelic drugs may contain other substances that may be more harmful, produce undesired effects or have no effect at all.

HARM REDUCTION TIPS

- Know how to respond in an emergency. Don't be afraid to call 911.
- Abstinence is the most effective way to reduce the risk of harm; but if that's not for you, delaying use until at least age 18 can reduce the risks.
- If you are going to use psychedelics
 - Start low and go slow - this means using a small amount and waiting for effects to occur before using any more.
 - Avoid using psychedelics with other drugs including alcohol.
 - If dancing or doing other activities -stay hydrated, take regular breaks and cool down.
 - Get your substance checked before using it.
 - Use a buddy system and look out for each other. Avoid using when you are feeling anxious or unsafe.

There is so much more to know about these complex drugs. We strongly recommend you check out [Dance Safe](#) for more info.



Interior Health