

EDAS REACH YP NEWSLETTER



Risks of LSD/Acid: Stay Alert!

LSD (lysergic acid diethylamide) is a **synthetic chemical**, made from a substance found in ergot, which is a fungus that grows on the rye grain.

LSD belongs to a group of drugs known as **psychedelics**. When small doses are taken, it can produce **mild changes in perception, mood, and thought**. Larger doses may produce **visual hallucinations and distortions of space and time**.

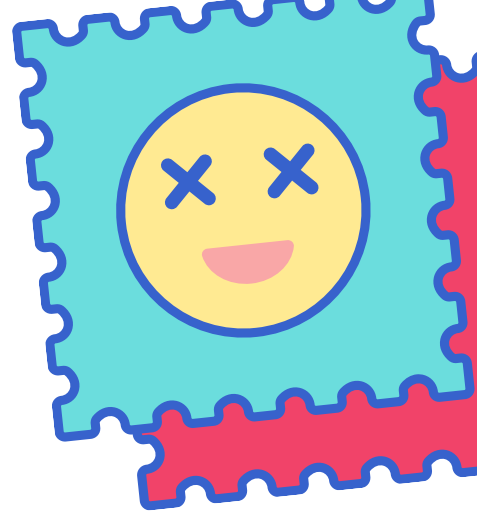
» LSD is usually sold as small squares of paper with pictures on them, known as tabs or blotters.

» It can also be sold as a liquid or as tiny pellets, known as micro dots.

» LSD/Acid is a **Class A drug**, which means it's illegal to have for yourself, give away, or sell.



Effects: How it Feels



For most people, the world appears distorted when they take LSD. Colours, sounds, objects and even time can all seem very strange and disturbing.

LSD feeds off your imagination so every person's experience is unique.



If you're in a bad mood, feeling worried or depressed, the LSD might make those feelings worse.

Usually, the first effects of the drug when taken by mouth are felt 30 to 45 minutes after taking it, peak at 2 to 4 hours, and may last 12 hours or longer.

Symptoms & Side Effects



It can make you feel:

Euphoric

Giggly

In awe of the people and things around you

Energised

Excited

Empathetic

Mystical or religious sensations

It can also make you:

See and hear things that aren't there (hallucinate)

Confused

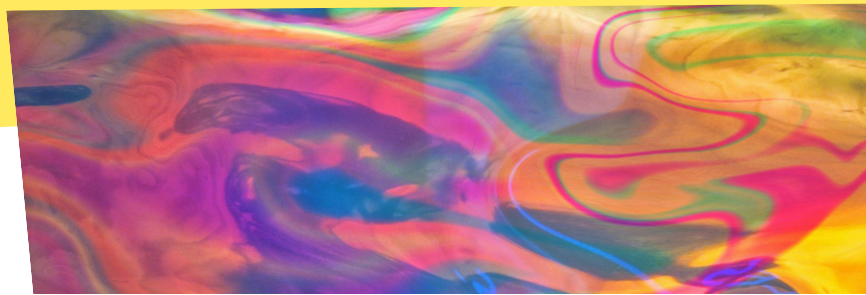
Suspicious

Anxious

Panicked

Frightened

Overwhelmed



Know the Risks



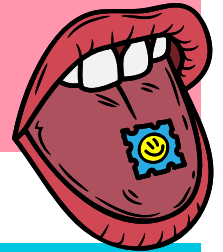
Overdose

If someone takes a large amount, the negative effects of LSD are more likely. Call 999 if you or someone else has any of these symptoms: **panic, paranoia, increased risk-taking, psychosis.**

Bad Trips

If you have mental health problems or a history of mental health problems in your family, taking LSD could make them worse.

If you panic on a trip it can be scary and confusing. **A bad trip could be your worst nightmare come to life.**



Long-term

Some people who regularly use LSD may eventually experience flashbacks. This is when an LSD experience reoccurs usually a visual distortion that involves perceptual or emotional changes.

Mixing with Other Drugs

The effects of taking LSD with other drugs including over-the-counter or prescribed medications can be unpredictable and dangerous and could cause:

- » **LSD + MDMA (ecstasy)**: increased potency of MDMA, which could lead to a bad trip or other negative experiences.
- » **LSD + alcohol**: decreased perceived effects of alcohol. This can increase the likelihood of drinking too much, which could lead to nausea, vomiting, and blackouts.

There is no safe level of drug use. Use of any drug always carries some risk. It's important to be careful when taking any type of drug.



FOLLOW THIS HARM REDUCTION ADVICE IF YOU DECIDE TO CONSUME LSD/ACID

- » Know your limits- don't start off with high doses, learn what your tolerance is gradually.
- » Be aware that single doses can vary even in visually identical samples.
- » Do not use LSD if you are taking lithium or tricyclic antidepressants, there can be extremely dangerous interactions between these substances.
- » Try to use with people you know and trust around you, ideally at least one of whom is not using a substance, or at least make sure someone knows where you are.
- » Try not to get overstimulated- it is very easy to get dehydrated if you're dancing for hours, and anxiety can sometimes set in, causing a potential increase in paranoid ideation.
- » If you find or fear that you may be experiencing a 'bad trip' try to find a place you feel safe and remember: it will pass.

Although LSD is not physically addictive, some might become psychologically addicted to it (feeling like they need to keep using it). If you feel you are using more than you feel comfortable with, try taking a break for a few weeks.

There have been cases of people with existing psychological or mental health problems being worsened after using LSD. If you have a history of mental illness (such as depression) either yourself or in your family, think very carefully before experimenting with LSD.

Sources: FRANK, ADF, Release

For further support and advice contact the EDAS/Reach Young People team. We are here to help! Get in touch with us on 01202 741414 or 0800 0434656 - option 2.



EDAS.ReachYP



edasreach.yip



ypreferrals@edasuk.org



www.edasuk.org/yp

