

EDAS REACH YP NEWSLETTER



What you need to know about MAGIC MUSHROOMS

Some kinds of mushrooms contain *psilocybin* and *psilocyn*, substances that can cause hallucinations. Used in large enough doses, these mushrooms have effects similar to the drug **LSD**.

Magic Mushrooms, also commonly known as *Shrooms*, are often sold raw or dried. In the UK, the most common types are **Liberty Caps** (*Psilocybe semilanceata*) and **Fly Agaric** (*Amanita muscaria*).

Many poisonous mushrooms look very similar to Magic Mushrooms and it's easy for pickers to mistake them. People have fallen severely ill or even died from eating a poisonous mushroom.

FIND OUT MORE ABOUT THE EFFECTS AND DANGERS...



Symptoms and Side Effects



The effects of Magic Mushrooms should take 10-60 minutes to kick in and can last around 4-6 hours.

The effects are similar to those from a mild dose of LSD and can vary depending on the mood, situation, and expectation of the user.

What can they make you feel?

Hallucinations

Paranoia

Distortions of time

Confusion

Giggles

Nausea

Anxiety

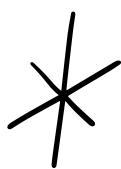
Vomiting



Bad Trips

Some trips may be enjoyable, but others lead to terrifying thoughts of losing control, intense paranoia, panic attacks, and fears of death. This is more likely with high doses and where the user already feels anxious.

With mushrooms, it's very hard to predict what sort of trip each user will have. There's also no way to end a bad trip until it has run its course, which could be hours later.



The Risks



The biggest danger to your health when taking Magic Mushrooms is **eating a poisonous mushroom by mistake**, which can result in serious adverse effects (even death).



There are many types of mushrooms in the UK and **some, like the Fly Agaric, can kill you**. Fly Agaric use is more likely to result in unpleasant effects, including nausea and vomiting, stiffness of joints, and a lack of coordination.

Strong doses (anything more than one Fly Agaric mushroom) may result in intense disorientation, convulsions and in some cases death.

If you have any mental health issues, Magic Mushrooms can make them worse. Eating Magic Mushrooms can make you:


- **Have a bad trip, which can be frightening and unsettling**
- **Get flashbacks that are frightening or unsettling**
- **Lose complete control of what you're doing, and put you at risk**





FOLLOW THIS HARM REDUCTION ADVICE IF YOU DECIDE TO CONSUME MAGIC MUSHROOMS



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- Be mindful of your mood and setting. If you're feeling anxious, depressed, or aren't in a nice environment the risk you'll have a bad time will be increased. **Save your drugs for another day.**
 - The risk of having a bad time increases at higher doses. **Start low**, take it slow, and be aware the effects can take a while to kick in.
 - **Use with people you know and trust** in a calm, safe environment, especially if you're new to psychedelic drugs.
 - **If someone is having a bad trip**, remind them that they have taken drugs and that the effects will wear off soon. Be calm and reassuring. If they can't be talked down, or you feel out of your depth, **seek medical assistance.**
 - Consider having a **'trip sitter'**, someone who remains sober and can help out if someone is having a bad time.
 - **Be incredibly careful if you go mushroom picking.** Misidentified mushrooms are much more likely to put you in hospital than Magic Mushrooms themselves.
 - **Do not attempt to get in a car and drive.** Make sure you find a safe alternative.

Sources: FRANK, DrugWise, BDP

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



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