

What is LSD?

LSD (lysergic acid diethylamide) or 'acid' is a hallucinogen that alters your perceptions.

Did you know?

LSD is most commonly available in squares of blotting paper, but can come as an odourless white powder.



During use, it can make you feel:

Sensory enhancement	On 'edge' Sweating
Quickly changing emotions	Sick Disorientation Loss of emotional control
Spiritual experiences and revelations	Unwanted spiritual experiences and revelations
	Looping and out of control thinking

Afterward, signs of a comedown can be:

- Low energy
- Low mood
- Unpleasant thoughts and feelings
- Flashbacks
- Repetitive negative thinking
- Paranoia
- Seeing, hearing or feeling things that aren't there

This may last several days

If someone is experiencing:

- A fast or irregular heartbeat
- Vomiting/diarrhoea
- Excessive sweating
- Difficulty breathing
- Loss of consciousness
- Seizures

Then:

- Call 111 for an ambulance
- Lie them on their side with open airways
- Stay with them
- Find a safe place to calm down
- Reassure them
- Give them a non-alcoholic drink



Be safer with LSD by:

- > Planning your 'trip' and letting friends know when you're taking it
- > Using less and waiting an hour before deciding to take any more
- > Having a quiet, safe place and a person to stay with you in case of a 'bad trip'
- > Avoiding use with alcohol or other drugs
- > Avoiding use if you have mental health issues
- > Not using while pregnant

Look after yourself by:

- > Taking a break to let your brain/body recover
- > Catching up on sleep and food

Consider making changes if:

Using and comedowns are affecting relationships, study or work

Unpleasant effects outweigh the pleasant effects

Get support to make changes if:

Having unpleasant feelings or low mood

Using LSD weekly or more frequently

Spending more time/money on LSD than you want

Always thinking about LSD

Others are concerned about your LSD use

Seek professional help if you or someone you know is:

- > Having unpleasant thoughts, feelings and flashbacks
- > Using more LSD than you want to
- > Finding it hard to stop using
- > Having suicidal thoughts

For support and information contact:

Alcohol Drug Helpline Txt 8681
Call 0800 787 797
drugfoundation.org.nz
wharaurau.org.nz/taiohi.org
TheLevel.org.nz



LSD



Āta haere i a koe e hōpara I te ao
Take care as you explore the world