

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:

Stay with them

Find a safe place to calm down

Reassure them

Give them a non-alcoholic drink

Lie them on their side with open airways

Call 111

Be safer with LSD by:

- > Planning your 'trip' and letting friends know when you're taking
- > 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

Look after yourself by:

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

Consider making changes if:

Using and come downs 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
optforwellbeing.org



ABOUT LSD



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