### What is LSD?
LSD (lysergic acid diethylamide) or ‘acid’ is a hallucinogen that alters your perceptions.

### During use, it can make you feel:

<table>
<thead>
<tr>
<th>Sensory enhancement</th>
<th>On ‘edge’ Sweating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quickly changing emotions</td>
<td>Sick Disorientation Loss of emotional control</td>
</tr>
<tr>
<td>Spiritual experiences and revelations.</td>
<td>Unwanted spiritual experiences and revelations</td>
</tr>
<tr>
<td>Loopy and out of control thinking</td>
<td></td>
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</tbody>
</table>

### 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
Unpleasant effects outweigh the pleasant effects

ABOUT LSD

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

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