

Mushrooms



psilocybin

WHAT ARE MAGIC MUSHROOMS?

- Magic mushrooms are mushrooms that contain psilocybin. Psilocybin is a psychedelic drug with effects similar to those of LSD.
- Psilocybin mushrooms have been used by many indigenous cultures to induce altered states of consciousness during religious rituals.

HOW ARE THEY USED?

- Magic mushrooms are either eaten raw, mixed with food, or brewed into a tea. They can be eaten fresh or dried for later use.
- There is no predictable way of estimating the amount of psilocybin in each mushroom. The amount is determined by the strain, size and age of the mushroom.
- Starting with a small amount before deciding to take more can prevent having too strong a trip, and minimize the chance being poisoned from the wrong type of mushroom.

WHAT ARE THE EFFECTS?

- At low doses, magic mushrooms produce feelings of relaxation, not dissimilar to those of cannabis.
- Users often report laughing a lot and finding things funnier than they would normally.
- At higher doses, the experience is closer to that of LSD, intensifying colors and producing visual hallucinations and feelings of euphoria.
- A mushroom "trip" tends to last about four to five hours.
- Users often report the mushroom experience to be more "earthy" than other psychedelics, increasing emotional awareness and causing less psychological confusion.
- Many users find the mushroom experience to be spiritually significant while others find it frightening.

BE CAREFUL

- The biggest danger associated with magic mushrooms is misidentification. Some mushrooms are poisonous and cause stomach pains, vomiting, diarrhea and even death.
- Some users report getting sick even after ingesting real psilocybin varieties.
- Magic mushrooms can impair judgement. Driving while under the influence of mushrooms is dangerous.
- Magic mushrooms, like all hallucinogens, can trigger underlying mental disorders and cause schizophrenic-type symptoms.
- Users sometimes have "bad trips," which can include confusion, anxiety and panic. In rare instances, users can experience recurring episodes of anxiety and panic (flashbacks) days, weeks or even months after a bad trip.
- Magic mushrooms are illegal. Possession can result in long prison terms. Supplying mushrooms to someone else (whether or not money was exchanged) carries even longer sentences.

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Promoting Health and Safety within the Rave and Nightclub Community

